

WALK YOUR WAY TO LEANER LEGS & blast 60% more calories, p. 128

SHAPE YOUR LIFE

SHAP

"I LOST 120 POUNDS!" MY DIET SECRETS p. 116

4-WEEK PLAN

BURN MORE FAT

Drop a dress size this month & firm up all over

WHAT VITAMINS SHOULD YOU BE TAKING? What helps, what's a waste of \$\$\$

The best beauty products from \$2 to \$65

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BEYOND THE HILLS
LAUREN CONRAD
"How I finally found my confidence" p. 54

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get fit news

Try reversing your route to stay focused



3 PROVEN WAYS TO
blast more calories

trend report

shake off your jiggle

More than 30 clubs nationwide now offer group classes with Power Plates, those funky vibration machines you've seen in gyms. You do basic strength moves, like squats, push-ups, and plank pose, and because the platform shakes, your muscles contract up to 50 times per second, making your body work harder with every rep. In a recent Belgian study, obese women who used a Power Plate three times a week for six months significantly reduced their body fat compared to women who did a standard exercise routine. Find a class near you at powerplate.com.

Most classes last 30 minutes

