

# CELEBS' WEIRD Workouts

Yogalates? So yesterday. Check out the unconventional ways stars are staying in shape now

BY LAUREN SCHUTTE

## POWER PLATE

Holding poses on this vibrating machine, as does **Anna Friel**, makes the body work harder. But, adds **Jessica Matthews** from the American Council on Exercise, its cost could force you to find one at a gym.



◀ From \$2,000, [powerplate.com](http://powerplate.com)

## GYROTONICS

"It changes your body quickly," **Nicolette Sheridan** tells *Us* of the pulley-based stretching machine. **Matthews** advises using an instructor, but praises the breath work: "It encourages relaxation during training."



▲ Find the machine at gyms nationwide. ([gyrotonic.com](http://gyrotonic.com))

## MALIBU PILATES

**Susan Lucci** uses this chair with adjustable pedals to add intensity to classic Pilates moves. **Matthews** says it will help increase strength, but warns that modifying the chair can be difficult.



▲ The chair is available for \$15 at [malibupilates.com](http://malibupilates.com).

## P90X

**Poppy Montgomery** tells *Us* of the DVD series she used to shed 70 pounds of baby weight: "It's incredible!" **Matthews** applauds the variety of exercises, but warns the rigorous workouts don't suit everyone.



▲ Get the 12 DVDs for \$160 at [beachbody.com](http://beachbody.com).

**Duff**, who recently released a *Best of Hilary Duff* CD, left a Piloxing class in L.A. Dec. 6.

## PILOXING

Fusing Pilates and boxing techniques, this workout "gives you a good butt and tight abs," **Hilary Duff** tells *Us*. Founder **Viveca Jensen** promises: "You burn up to 800 calories in one hour." The DVD (\$20, [piloxing.com](http://piloxing.com)) is a fun way to mix up your routine, but **Matthews** advises supplementing it with strength-training two to three times a week.



**Jensen wears 1-pound weights to up the burn.**

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