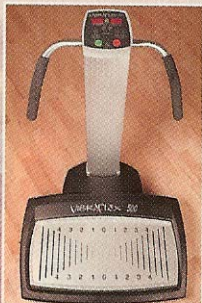


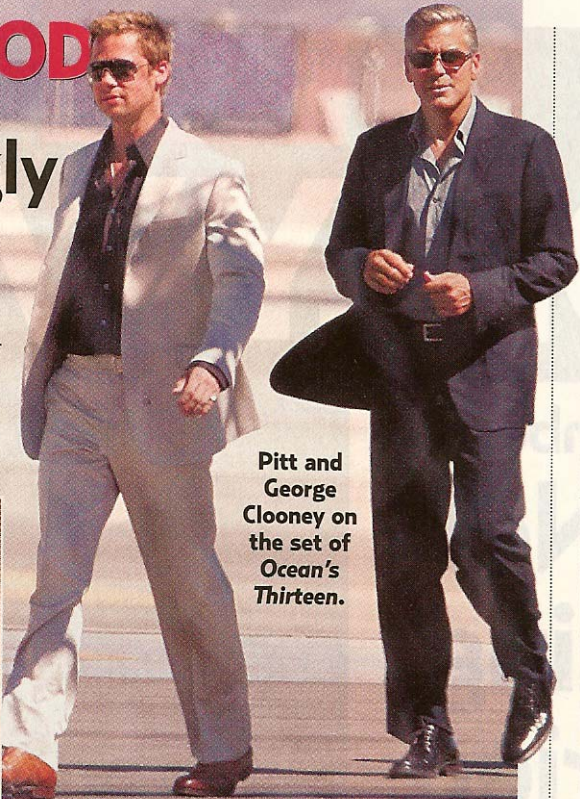
# HOT HOLLYWOOD

## Hollywood's Jiggly New Workout

**A** SURE WAY TO SHAKE UP A WORKOUT routine: Use exercise equipment that actually vibrates. The idea is that doing squats or weights while balancing on a jiggling platform engages more muscles — just to maintain form. “The vibrations make workouts more challenging,” says trainer Gunnar Peterson, who uses the VibraFlex (\$11,900) with **Penelope Cruz**, **Jennifer Lopez** and **Avril Lavigne**. The Power-Plate (\$3,500–\$9,250; **Madonna** is a fan) will even pop up in *Ocean's Thirteen*, though a rep is mum on whether that equals a shirtless **Brad Pitt**.



The VibraFlex



Pitt and George Clooney on the set of *Ocean's Thirteen*.