



August 4, 2016

<http://www.eonline.com/news/785275/power-plate-how-to-combat-cellulite-just-like-demi-lovato-eva-longoria-more-celebs>

Site visitors per month: 29,230,001

## Power Plate: How to Combat Cellulite Just Like Demi Lovato, Eva Longoria & More Celebs

The Power Plate workout is back...with a vengeance.

There's a reason that '80s supermodels like **Cindy Crawford** and **Heidi Klum** were crazed for the fat-blasting, cellulite-annihilating machine back in the day. Don't recall this fitness fad? You basically stand atop a plate as it vibrates with such force that it moves your body, helping you burn calories with less effort on your part. No wonder celebs like **Demi Lovato** and **Eva Longoria** have given the plate a whirl. Not to mention, we're assuming more than a few stars have tried this baby out to get **vacay-ready**.

But since the professional version of the vibration-technology machine is not cheap (a small fortune, around \$15,000 each), it's never really picked up mainstream steam—until now that is.

LA trainer **Rachael Blumberg** began tailoring fitness routines on the machine a few years ago, but she only recently opened her boutique **PlateFit** studio.



What makes the West Hollywood studio's 27-minute almost-always sold out classes so addicting? "The machine contracts your muscles 30 to 50 times a second just by standing on it, so it really amplifies any workout," shared the trainer. You have to keep with it (just like any workout), but if you're short on time, it's a godsend. In fact, in under 30 minutes, you'll have burned as many calories as you would have in your regular 90-minute session.

It also doesn't hurt that since the class sizes are so small, you're getting personalized attention (shout-out to former pro football player and instructor **Brandon London**, pictured with Rachael below).



But don't worry about getting bored: You're not pigeonholed into one type of class. Whatever your workout of choice is, there's a class for that. Want to chill out with some yoga? There's a YogaFIT class. If you're looking for something more traditional, with lunges, squats and pushups, the BootcampFIT class is the answer. There's also a BarreFIT, HIIT-FIT, KickboxFIT and a DanceFIT version. "Every single class gets you drenched," ensured the pro.





Unsurprisingly, though, the most popular class is the cellulite-busting one. Yes, every type of sweat session will smooth out your skin, but the CELUFIT class is a nice little bonus. "Most people will take this in conjunction with another class on the same day—they treat it like their stretch session or a cool down," shared Rachael. The best part: You don't really have to do much. You basically just lay on the machine, do some stretches and massage out your muscles.

One question: Where do we [sign up](#)?