

FOCUS

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12 Stellar Workouts To Get Your Body in Top Shape

My top picks for having fun while getting fit



4. PLATEFIT (<http://www.platefit.co>) – Locations throughout Los Angeles, more to come soon!

PLATEFIT uses the medical Power Plate device for its signature workouts that are effective, fun, and fast. These circular vibrating pedestals equal serious burn, engaging the muscles to contract 30 to 50 times a second. Each high-intensity class is extremely efficient and is only 27 minutes long--perfect for busy working Moms or anyone with little free time looking to get in top shape fast! Sources have claimed that a 30 minute workout on the power plate equals 90 minutes of traditional training. YAY! PLATEFIT offers a broad range of classes like BootcampFIT, Barre/DanceFIT, and the super challenging HIIT-FIT taught by encouraging, fun instructors. High-intensity not your thing? They also offer CelluliteFIT and RecoveryFIT classes to smooth out cellulite and for muscle recovery. I like to do the BootcampFIT for the burn followed by the CelluliteFIT class for recovery. Between the great music and fast-paced routine, your class at PLATEFIT is over before your know it.