

purchased a Power Plate pro5 AIR from Advantage Fitness Products, already had a rowing machine, stair-stepper and treadmill, but was looking for a way to shake up her routine. She found it with the Power Plate, she says.

The \$10,500 Power Plate pro5 AIR uses vibration technology to increase muscle strength and improve circulation. Users can simply stand on the machine with their knees bent in a classic “squat” position in order to reap its benefits. They can also perform common dynamic exercises, and these effects are enhanced when performed on the machine’s central vibrating platform. The vibrations make muscles contract in order to stabilize the body—something that Harris says has yielded “amazing results.” She trains under Andy Clay and Rick Hagaman, American College of Sports Medicine–certified personal trainers and owners of Blue Clay Fitness (*The Robb Report Collection*, December 2006), an L.A.-based company that works exclusively with Advantage Fitness Products, recommending the equipment to their long roster of affluent clients.

Since Harris already had cardio equipment, she didn’t need to buy anything to augment her Power Plate workout, but Clay says he’s suggesting another new piece of machinery for clients who do: the Precor EFX576i elliptical machine.

The EFX576i, Precor’s top-of-the-line commercial model, is the only total-body elliptical machine with an adjustable ramp; users can modify both the resistance and the ramp angle, which ranges from 13 to 40 degrees. For the Total Body option, users can incorporate movable arm levers to increase cardio and engage upper-body muscles. This combination of features lets you work different parts of your body—including your quadriceps, glutes, hamstrings and calves.

Both the Power Plate and the EFX576i are perfect for the home gym, but for business travelers who find themselves in hotels more often than they are home, the portable Travel Trainer (which Clay calls “the perfect exercise companion for the business traveler who wants to stay in shape”) is a worthwhile addition to your luggage. Sold through Blue Clay, it includes an inflatable fitness ball and pump, two training bands and an interactive fitness CD—all of which fit in a lightweight bag designed to conform with today’s carry-on limitations.

Once you’ve chosen your equipment, you can make sure it, along with any other equipment and furniture, fits in your home or office using another Precor offering: a space planner on the company’s website that lets you design your exercise room using drag-and-drop functionality. You can create a room that looks exactly like your space, and place your exercise equipment in to see if it gels.

Because ultimately, unless your equipment fits both your lifestyle and surroundings, you’re not going to use



Previous page: The Precor EFX576i elliptical trainer. Left: The sleek Power Plate pro5 AIR uses vibration technology to tone muscles.

them, says Bryan Green, president and CEO of Advantage Fitness Products, which distributes the Precor and Power Plate machines, and designs, supplies and cares for all-inclusive “wellness environments” throughout the world. (Among their list of clients is the Los Angeles Lakers, the San Francisco 49ers, the Troon Country Club and the Four Seasons hotels.)

“You really want to choose equipment that can be used by everyone in the home—male or female, and all different age ranges,” says Green. “In an ideal world you’ll have equipment that answers all your fitness needs, so you see results and stick with your program.” Adds Clay: “No matter what you choose, you’re going to get the best results out of equipment that provides variety; something that keeps your workouts exciting.” ☐

Advantage Fitness Products, 888.895.0547, [www.afproducts.com](http://www.afproducts.com)  
Blue Clay Fitness, 866.587.2583, [www.blueclayfitness.com](http://www.blueclayfitness.com)