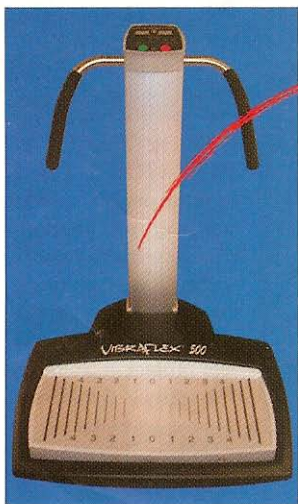


Arrival of the fittest

What statuettes? The real winners at the Oscars are the celebrities who hit the gym. **By Marlien Rentmeester**

Good vibrations

Before the big night, stars are literally trembling in their sneakers, thanks to the latest Hollywood craze: vibrating platforms that look like large scales and shake 25 to 30 times per second. "Your body has to counter the unstable surface," says **Jennifer Lopez's** trainer, Gunnar Peterson, who has a Vibraflex machine (below) at his gym in Beverly Hills, California. That means muscles work harder, so you get firmer. You can also do three reps of his drill on a BOSU ball: Squat and hold for 30 seconds.



Shake it up
Lopez's trainer loves this lean machine for a fit lower body.