



VIBRATE YOUR WAY INTO SHAPE

Amplitude Vibration—
The latest in getting fit

Nestled within the Upper East Side is an exercise studio that is sure to get your muscles fluttering—literally. Up one flight of stairs, past a mini-bonsai tree and two bare feet later (this workout only requires socks), and you've arrived at Amplitude Vibration Studio.

This adrenaline hub is ideal for women who have only 20 minutes in their day to surrender to the fitness gods. In that short (but ridiculously effective) time, you'll get a full-body tune-up as if you had been doing leg presses and bicep curls at the gym. The only difference is, with vibration training, you get to skip the harsh impact on your joints and post-gym lactic acid buildup. Goodbye sore muscles, hello increased circulation.

Amplitude, which is the baby of co-owners David Newman and Gabriel Ettenson, was born out of the philosophy of wanting to connect people to their bodies. Gabriel, who has practiced physical therapy in the area for 13 years now, says that the health benefits of vibration exercise are all rooted in profound neurological research. It not only tones your muscles but improves the quality and power of them, stimulates weight loss (hello, pre-pregnancy skinny jeans!) and boosts bone density. The genius is in the physics of the plates, which contract your muscles for you. In just two minutes, your muscles will involuntarily move more than 1,000 times—now that's some science for an

early-morning workout!

The environment of the Amplitude studio (which overlooks East 78th street) is ultra-personable and quaint, cozily capturing the charm of Upper Manhattan's tree-lined streets and go-getting inhabitants. It's hard to believe that you would ever get lost amid the machines like you would in a larger gym atmosphere.

At Amplitude, though everyone does the same 20-minute routine (eight positions in all, including a warmup)—the nature of the vibrating plates allow for a change in amplitude, frequency and time, depending on the person who's using them. Whether it is your first session or one of your weekly have-to's, the staff at Amplitude will work with you to challenge your level of personal fitness, strength and flexibility. We found that just by moving our feet a little bit farther apart during a deep squat (the last position), we increased not only the difficulty of the exercise but also the intensity of the vibration.

If you start attending sessions regularly, the progress you make will astound you—so be ready and willing to continually challenge (and amaze) yourself. In *Playground's* first visit, our hamstring stretch improved by over 3 inches, and that, ladies, is coming from the queen of inflexibility.

But vibration training isn't new to everyone—celebrities like Courtney Cox, Madonna and Lance Armstrong are already huge fans of this no-impact method. At only 20 minutes a day, this workout, unsurprisingly, has hooked fitness mavens in New Zealand, Europe, and Australia.

But don't think about shoving those Asics too far inside your walk-in closet just yet. While Amplitude is ideal for toning, strengthening and

all-things flexibility, it is just another variable in the exercise equation. The recommended frequency for vibration training is three times a week, simply because your muscles need time to recover or else you'll plateau. It doesn't replace other forms of exercise, like cardio, but rather is the oh-so-efficient supplement that your body never knew it needed (and now adores!).

Have a bit more time to yourself than 20 minutes? Luckily, Amplitude is not a one-trick pony! They also offer Ki-Hara resistance stretching, which is known for improving posture and neural activity, as well as stress-reducing meditation courses. Injury-prone or recovering runners will be over the moon for the Alter G anti-gravity treadmill, which can be rented by the half-hour (\$30) or hour (\$55). Though we don't suggest the NASA-inspired shorts as a couture fashion statement anytime soon, running or walking at a fraction of your body weight is well worth improving your full range of motion, at no risk to your joints.

In the future, Amplitude plans to incorporate TRX suspension training, an insanely portable technique (it can be tied to a tree!) developed by U.S. Navy Seals, with their vibration techniques. This will allow for a simultaneous upper- and lower-body workout for the more advanced athletes that visit the studio.

So whether you stop by to shake, stretch, ohm, float or pull—Amplitude always has the best version of you in mind.

—Kat Harrison

Amplitude Vibration Studio is open Monday-Friday, 6:30 a.m. to 9 p.m., and Saturday, 9 a.m. to 1 p.m. Closed Sundays. Call 917-847-7008 or go online at amplitudevibration.com to schedule a free demo session.

