



Jen's off home
to read 4000
identical
romcom scripts

**Celeb
fitness
trend**

PILATES REFORMER

Love Pilates but want to up the intensity? You could try Pilates Reformer, a variation performed on a sliding bed with weights and pulleys attached. Celebrity trainer Tracy Anderson, who has worked with Madonna and Gwyneth Paltrow, uses a variation of the machine on her star clients, while Jennifer Aniston has bought her own Pilates Mega Former machine. Jen, 42 this week, has reportedly stripped 5.5kg off her already svelte figure thanks to 40-minute sessions she does every morning while watching the news.

The machine trumps regular mat work-outs by upping the balance component and resistance, adding more strength training. The springs also provide support and are very versatile, so think safe but deeply targeted moves that build long, strong muscles and burn kilojoules like a bushfire.