

SUPERSIZE YOUR EXERCISE

HYPOXI

WHAT	Hypoxi works by stimulating blood flow to particular areas of your body, therefore increasing your ability to metabolise fat in these areas. A low pressurised chamber encourages your blood to circulate as you pedal – around the hips, thighs or stomach – then high pressure is introduced to increase fat burning.
WHY?	You've busted your butt but just can't shift the weight from it, or you're a non-exerciser who hates gym classes and the gentle pace of Hypoxi exercise appeals.
COST & CONTACTS	From \$65 per session or \$650 for a course of 12. Three 30-minute sessions a week for a month are recommended to achieve the best results, so shop around for a gym or provider that gives the best deal for 12 sessions. See hypoxi.com.au
THE PROMISE	Targeted centimetre reduction and decreased cellulite are all promised, and there are a slew of celebs from Madonna to Robbie Williams waxing lyrical about its effectiveness. Independent research is touting you can lose up to three times the body area circumference by using Hypoxi over conventional exercise.
LEVEL OF COMMITMENT	You'll need to add the sessions to a regular weights routine to work-out your arms and upper body, but it could replace a lacklustre exercise regimen.
HOW WE RATE IT	We give it 4/5 for a simple work-out that works! Hypoxi claims 80 per cent of the fatty acids burned in a work-out come from the hips, buttocks and thighs – but although the machine moves the fat via your blood, it's still up to you to burn it off. Keep on pedalling...

