



Cheryl keeps fit  
with Hypoxi,  
where you ride a  
bike in a vacuum  
chamber

celeb  
fitness  
trend

# HYPOXI

*Fight For This Love* singer **Cheryl Cole** may be blessed in the genes department, but even she's not impervious to those stubborn bits that won't budge no matter how many squats we do. Enter the Hypoxi S120, an exercise bike within a low-pressure vacuum chamber that targets fat on the stomach, waist, hips, and elsewhere. "It really works – it gets rid of the pouchy bits on the insides of my thighs," gushes Cheryl, 27, who owns a \$57,500 Hypoxi S120 machine. As this is probably outside your budget, centres around Australia offer the treatment from around \$69 a pop, or \$690 for the recommended course of 12 sessions over four weeks. Each sesh involves 30 minutes of low-intensity cycling (lying down if you use the Hypoxi L250!) and the makers claim you can lose up to three times more fat than through conventional exercise. Visit [hypoxi.com.au](http://hypoxi.com.au) to book a free trial.