

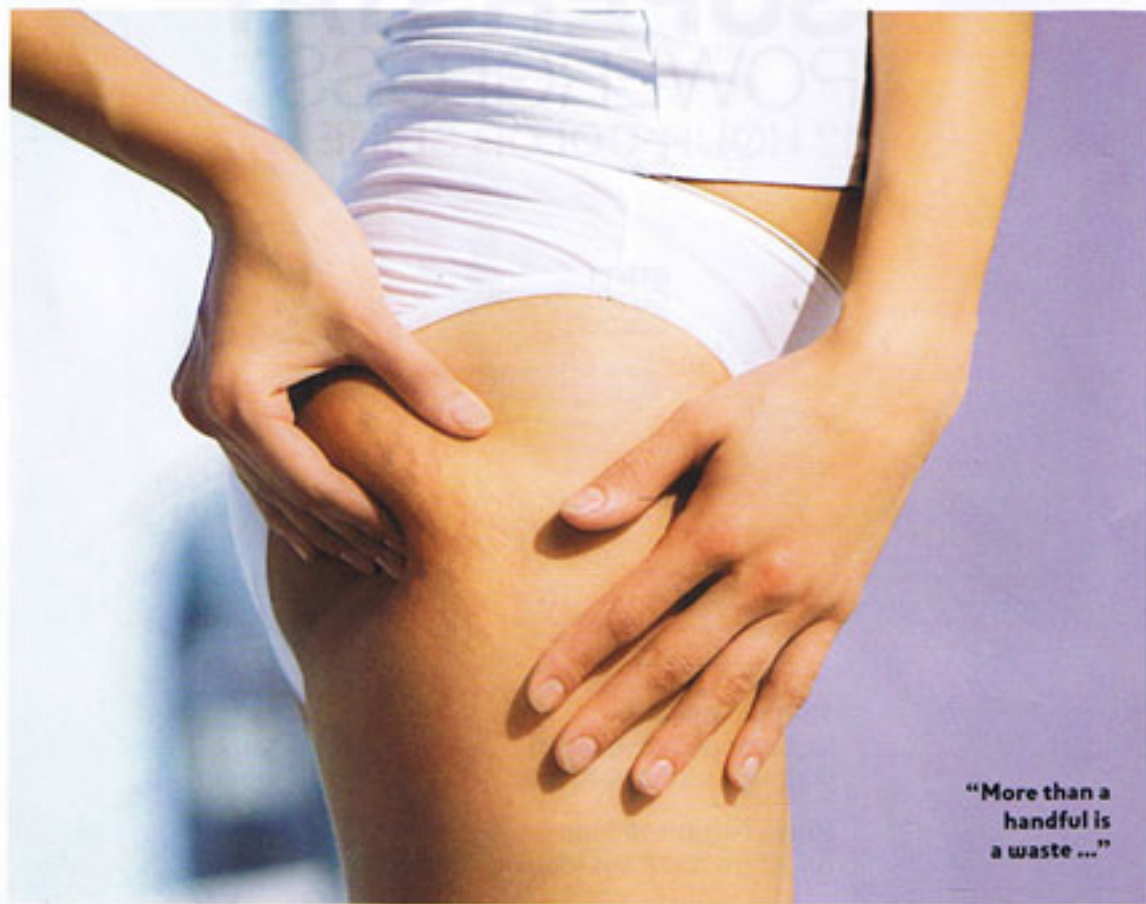
HYPOXI: THE NEW CELLULITE SLAYER

A machine that can blitz cellulite? "Strap me in," says Cosmo Picture Editor Aimee Leabon

I'm no stranger to fitness fads. First it was boot camp, then a personal trainer. And when I hear about Hypoxi – a new technique that involves lying down while cycling, with the promise of weight loss at the end of four weeks – I say, "Take my credit card. Now. Please!"

I first discover Hypoxi when a friend sends me a link to the website. It promises a body "revolution", and all I have to do is 30 minutes' stationary cycling in an airtight chamber (which uses vacuum technology), and I'm likely to shed cellulite and centimetres within weeks. At 168cm and 60kg, I'm not overweight and I exercise regularly, but the thought of dropping a couple of kilos is just too good to resist ...

I'm instructed to wear loose-fitting exercise clothes and eat a high-carb meal before my first appointment. I scoff down an early lunch of sushi and run from work to Hypoxi; I'm kind of bloated and frazzled,



"More than a handful is a waste ..."

"IT'S NOT HARD ... I BREAK A LIGHT SWEAT, BUT I DON'T PUFF"

but on time. I'm greeted by my technician, Veronica, who explains the diet I'll need to stick to for the next four weeks: no carbs for four to six hours after a session, and a general food rule of high protein and low fat. She then straps me into the Hypoxi "skirt" – high-waisted and made from wetsuit material – and helps me into the chamber, which encases me from the waist down. Then she pushes some buttons to set the air pressure. I feel claustrophobic, but comfort myself with the thought of the jeans I'll buy when I have my new supermodel bum.

For the next 30 minutes, I cycle between 55 and 65 revolutions per minute while the air around my body is sucked out

at intervals, creating a vacuum designed to increase the blood flow and circulation to my bum, thighs and waist. I read a magazine while I peddle. It's not hard ... I break a light sweat, but I don't puff.

I continue this routine three times a week for the next four weeks, frantically fitting appointments in at lunchtimes or at night. After two weeks, I'm annoyed – I've been running myself ragged to fit my sessions around work, and I've lost one centimetre ... from my knees!

Granted, this could be due to my poor adherence to the Hypoxi diet, which has been broken by two Maccas runs and a few chocolate brownies, but I don't want to think about that.

Three weeks later, my mood lifts as I realise I look damn cute in my undies! After four weeks, I've lost four kilos and a total of five centimetres from my knees, thighs and waist. If it's good enough for Robbie Williams (who has a Hypoxi unit in his house), it's good enough for me! **COSMO**

the VERDICT

At \$600 for 12 sessions, it's pricey. I lost weight, though I didn't see optimum results (yes, I was a bit loose with the diet). I'd recommend it to people who want to boost their confidence for a special occasion.

★★★★