



Reinventing the wheel **Power Plate powerBIKE** £2995 | powerbike.com

Hey, fitness freaks! Do you want buns so toned, they make Lance Armstrong's look like a couple of blancmange-filled carrier bags? Then saddle up on the powerBIKE. Made by the folks responsible for Power Plate vibrating exercise platforms, it adds vibration to the usual exercise bike workout. The wibbly pedals mean a 167% increase in activity for your quads, 144% for your hamstrings and 138% for your glutes. And best of all, you can do all that at home, while *Shooting Stars* is on.



USE IT WITH...



Polar RCX5 with GPS
£360 | polarelectro.co.uk
This wrist-based fitness computer comes with GPS, so you can also use it on real-life bikes.

SPOTLIGHT...

Proximitips

£free | proximitips.com

What is it?

Billing itself as a 'hyper-local social magazine', Proximitips is a cross between Twitter, Foursquare and a Lonely Planet guide, changing according to wherever you happen to be. It uses GPS and Wi-Fi location data to pull in info on over 125 million pubs, restaurants and shops in towns and cities across Europe, then plots it all on to a map of your location.

Why not just Google it?

Because Proximitips also draws in Flickr pics and tweets from the local area. So if there's some awesome party nearby and it's setting Twitter's trending topics alight, Proximitips will know about it. You can even post specific questions for other users to answer – for instance, 'Can someone get me on the guest list?'

You expect me to trust a bunch of strangers?

Of course. That's what the internet's all about, isn't it? Besides, with reviews provided by users of toptable.com they should be pretty reliable anyway. A forthcoming update will allow you to add your own locations to the database.

What if I find somewhere that sounds good?

You can check out the menu, find out the opening times or browse the picture gallery and scope out a nice table before you turn up. It also lets you book directly through the app, with exclusive offers and deals often available.

How do I get it?

Right now it works best on a 3G iPad (the Wi-Fi-only one lacks GPS, which it needs to get the most



accurate info) but there's also an iPhone app, and Android is (as always) to follow soon. The larger the user base, the better the content will become.

Stuff says

A neat idea but Proximitips needs plenty of users to be truly useful