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GO ON A HIGH-TECH RIDE

To help [drop her pregnancy pounds](#), Jessica Alba added an [Expresso exercise bike](#) to her home gym. "She likes the program that allows her to collect points – it's a lot like a video game," says her trainer Ramona Braganza of the Expresso, which offers more than 30 Web-based virtual reality cycling courses. That way, she says Alba can focus on the score, and take her mind off the work. Find out more about [high-tech cycling classes](#) near you! – *Amy Keith*

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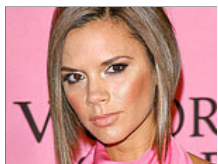
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The actress debuts a sparkler on her left hand, but her rep shoots down engagement rumors

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