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CELEBRITY HOME GYMS

What the Beautiful People Have in their Home Gym

on 05.06.09 at 02:30
by Oliver | 2 Comments



Jessica Alba (Via Monsters and Critics.)

Belated, real live celebrity fitness scoop: Dinner party Friday evening at **Delicia** (sadly now closed by unpopular West Village landlord. Just FYI.) I'm seated next to a distractingly beautiful woman. Across from us is S., a Russian hedge fund investor who senses something amiss. "Are you someone I should know," he asks. I'm curious too. "Oh no," she says. "I've done a few action figures."

It's Jessica Alba, we learn later, who is fun and real, and off the next morning to participate in the **Revlon Run/Walk for Women**, (along with our own

Sassletic82, **Synchclic**, and **vonhottie**). Important things I learned chatting with Jessica: Getting your body molded for a Fantastic Four action figure is uncomfortable. "They give you these straws to stick up your nose," she said. Also, Jessica Alba LOVES her Espresso bike. Please recall, this is the **stationary bike designed by ex-Playstation programmers** which is part virtual reality video game, part spinning: You watch your progress on a full color, full motion screen, and, when you see a hill, the peddling gets harder. Get it? Cool!

Jessica is way into it, including racing other people on other Espresso bikes via the company's online "challenge" network. If only the geeks on Expresso.net knew they're up against **The Invisible Woman**.

Short of a lap pool, the Espresso may be the ultimate home fitness appliance at the moment, but the bikes are hard to come by if you're not a health club or Hollywood star. If you've got \$5,000 to spend, and a little patience, however, anything is possible...

Tags: [Expresso](#) [Jessica Alba](#) [Revlon Run/Walk](#)

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Comments

I love the Espresso.

Submitted by [Fraidy](#) on 05.06.09 at 04:58.



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OMG I'm in the same blog post as Jessica Alba! Amazing. Oliver, you are sooooo famous.

Love,

von Hottie

Submitted by [vonhottie](#) on 05.06.09 at 03:54.



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