

Smart Gadgets



Choose fitness products that work multiple muscle groups or have multiple uses

Pull Up Revolution Pro

Assistive device to help you perform standard and other versions of pull-ups and push-ups with good form



Foam Roller

Self massage or use as an exercise tool (like a stability or exercise ball)

Purchase in varied lengths and types of materials



TRX Suspension Straps

Adjustable straps that can be used indoors or outdoors for a variety of exercises



Gibbon Slacklines

For the adventurous exerciser, this is a new way to take static poses and yoga moves to the next level



Fitness Video Access

If you become bored with your DVD after a few workouts, try streaming or online access.

www.streamfit.com offers a 7-day free trial with no credit card required. Their fitness professionals create workout streams for \$20 per month.

www.gaiamtv.com offers a 10-day free trial, but a credit card is required. Access to several years of their videos is included for just under \$10 per month.