

# GO GO GADGET...

They're weird...but they work. Check out the oddball inventions that are not only great for fitness, but bring the fun, too.

## GLIDING DISCS

Stand on these discs and literally slide through your workout. "They're awesome for lunges," says Christian Mason, from Virgin Active Health Clubs ([virginactive.com.au](http://virginactive.com.au)). The motion engages your legs and core, and helps with balance. "They give you a stability workout as your legs move against less-than-normal resistance." \$25 each; [qpec.com.au](http://qpec.com.au)

## THE SHAKE WEIGHT

This is no regular dumbbell; it has an inbuilt spring system which means you don't lift, but, as the name suggests, you shake it. The concept is that by controlling the motion, you build muscle. Mac Redinbaugh, from MyGym in Sydney's Alexandria ([mygym.net.au](http://mygym.net.au)), says, "It's easy to use, and exposure to injury is low." It's perfect for at-home use. \$49.99; [shakeweight.com.au](http://shakeweight.com.au)

## REACTION BALLS

This nifty ball is all about agility—the shape means you can't predict the direction in which it will bounce back. "Throw it against a wall or use it with a friend," suggests Redinbaugh. "It's great for peripheral vision, hand-eye coordination and speed." From \$12.50 each; [qpec.com.au](http://qpec.com.au)

LIGHT, PORTABLE & FUN

## HALO HEADPHONES

They won't make you fitter, faster or stronger—but we say anything that makes being active more entertaining is a good thing. The flat earphones work with your iPod and slip inside the '80s-style headband (in high-tech breathable fabric). The clever design keeps annoying cables out of the way. \$49.95; at Myer, 1800 811 611

## STABILITY DISCS & BALANCE BOARDS

Doing squats on an air-cushion (below) or flying saucer (left) is tough. The instability engages your abs, butt and thigh muscles, promoting balance and core strength. Try the cushioned disc for lunges and push-ups, too. For a more intense core workout, opt for the board, says Redinbaugh. \$50 each; 03-9580 5945

## Wii FIT DUMBBELLS

If you're a Wii Fit fan, who has lamented the lack of weights, you'll love these. Your controllers slot into the dumbbells, which add an extra 1kg of resistance each. "Resistance increases muscle density, which ups metabolic rate, helping you burn more kilojoules, even when resting," explains Redinbaugh. Everlast Dumbbells for Wii Fit, \$14.95; [ebgames.com.au](http://ebgames.com.au)



Demi Moore

## Next generation

Two kooky but cool fitness trends coming your way...

## NEW TREND MONKEY BARGYM

**SAY WHAT?** This new fitness movement is a whole body philosophy, but essentially MBG uses everyday movements to get you in shape. Classes involve kettlebells, strength bands, weighted vests, sandbags, tractor tyres and even sledgehammers, as well as lots of running, jumping, crawling and climbing. **WHO'S DOING IT?** MBG is sweeping Hollywood: Demi Moore, Woody Harrelson and Bruce Willis have all given it a go. Here, in Australia, Paul and Despina Fogg in Darwin are the only certified trainers, but we think it won't be long before there's one in your local 'hood. Check out [monkeybargym.com.au](http://monkeybargym.com.au)



WELLBEING

JAKE TONED UP WITH PARKOUR!

Jake Gyllenhaal

## NEW TREND PARKOUR & FREE RUNNING

**SAY WHAT?** This physical discipline is about finding the most efficient way to go from point A to point B, whether it's via running, jumping or climbing. "It changes the way you see the world and how you move through it," explains Redinbaugh. **WHO'S DOING IT?** Jake Gyllenhaal learnt Parkour for his film *Prince of Persia: The Sands of Time*, and the workout featured in the film clip for Madonna's single, "Hung Up". "It's a functional, practical fitness process," says Redinbaugh. See [parkour.asn.au](http://parkour.asn.au) for more.

## Old-school cool

Don't forget about these tried-and-tested skills.

### Burpees

"Do a push up, stand up, then jump up in the air," explains Redinbaugh. "Burpees are a combination of a press-up, an ab contraction, a big squat and a jump, and they use about 85 to 95 per cent of the muscles in your body. Your cardio output is massive."

### Fartlek

Meaning "speed play" in Swedish, Fartlek is "all about variable speed training," says Redinbaugh of this runner's method used to

increase cardio response and stamina. "Think interval sprints, such as running 100 metres at 60 per cent effort, 100 metres at 25 per cent, then 100 metres at 85 per cent."

### Sandbagging

"Take any exercise you'd normally do with a dumbbell and replace it with a bag filled with sand," Redinbaugh says. "The sandbag is unstable; you have to work harder to move the same weight. Plus it's really adjustable, so it's great for all ages and abilities."



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