



Yogaletics and ProGym offer celebrity-worthy workouts

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Celebrity Weight Loss Examiner rates this: ★★★★★



Celebrities and NBA stars love Yogaletics, combining yoga's mental benefits with tough training.

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Designed by Kent Katich, the celebrity trainer for star clients such as [NBA star athletes like Reggie Miller and actor George Lopez](#), the new GoFit Yogaletics is winning rave reviews. This athletic version of yoga offers a wonderful workout for those who want to experience the mental benefits of yoga but want a more athletic experience with their workouts.

Featured with the product is a [90-minute exercise DVD](#) that is easy to follow and makes the workout fun! Also included are the Sport-Tac Yoga Mat, Premium Yoga Block, Yoga Sport Straps and Quick Start Yoga Workout DVD developed by Kent Katich.

Also delighting celebrities is the GoFit ProGym, created by Christopher Lane, whose celebrity clients include [Jillian Michaels NBC's "The Biggest Loser"](#), Valerie Bertinelli and Nicole Sullivan. Now you have no excuses for "forgetting" to work out when you're on vacation or on a business trip! This portable fitness bag packs up a lot of calorie-burning goodies, including two handles, three resistance tubes, two ankle straps, one door anchor, a workout manual, and a Core Performance workout on DVD led by celebrity trainer Mark Verstegen.