

The Modesto Bee

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Work Out at Home

Mind & Body

Many people are uncomfortable with working out in a gym, or don't have the extra time to travel back and forth to a health club or money for a membership. With such a wide variety of fitness products available, at-home workouts are easily accomplished. Here are some good picks:

- The GoFit Ultimate Pro Gym is priced at less than \$35 and is designed to provide a total-body resistance-training workout that can be done at home or while traveling. The Pro Gym comes with two handles, three 4-foot resistance tubes, two ankle straps, one door anchor, an instructional manual and DVD. Visit www.gofit.net.
- Kettlebells are ball-shaped iron weights with handles, and are one of the hottest new training tools around. For anyone whose time is limited, kettlebell workouts are ideal because they can give great results in half the time of a traditional workout. Lifting and controlling kettlebells provide overall conditioning and strengthening, and burn about 11 calories per minute, making them one of the best ways to manage weight, tone and firm the entire body.