Your "Gym in a Bag"

TURN TO PAGE 66 FOR PART TWO OF *OXYGEN*'S EXCLUSIVE FAT-BURNING WORKOUT.

Think you need tons of equipment to get in shape? Think again. Except for *Oxygen* magazine, all you'll ever want is in a sports bag.

BY SANDY BRAZ | PHOTOGRAPHY CLAUDIA HUNG

1 SOCK IT TO ME

You'll be working up a sweat with Billy Blanks, so you'll need to have socks that absorb. New Balance Aloe Micro-Acrylic No-Show Socks step up with dryness and comfort.

newbalance.com; $12 for three

2 LIFT IN LUXURY

Pearl Tac Weight Lifting Gloves have anatomically cut palms with tacky grip surface.

gofit.net; $15

3 HIT THE FLOOR!

The popular Manduka PROlite Mat is slip resistant and will convert your living room floor into a place to have a stretch or abs-attack.

manduka.com; $68

BONUS MADE FROM ECO-FRIENDLY MATERIAL AND HAS A LIFETIME GUARANTEE!

4 STEP 1

The essence of your "gym in a bag," the canvas Plank Tote Bag is durable, stylish and portable.

plankdesigns.com; $205

BONUS IT HAS STRAPS TO HOLD YOUR YOGA MAT FOR EASY STORAGE!

BONUS COMES WITH A PORTABLE WEIGHT BAR AND WEIGHT LOSS GUIDE!

5 VERSATILE STYLE

At home or at the gym, foot gear is essential for comfort and safety. Skechers Sport is perfect style and function for training and then heading out the door!

skechers.com; $58

6 PERSONAL TRAINING TO GO!

The *Billy Blanks Tae Bo Amped* DVD is the perfect package! It comes with five workouts including "Jump Start Cardio," "Fat Burn Accelerator," "Full Throttle," "Core Express" and "Live in LA."

gaiam.com; $40

7 RAMP UP RESISTANCE

Building size, strength or definition, the key is being able to add resistance on-demand. The GoFit Ultimate Pro Gym has seven levels of resistance, perfect for any fitness level.

gofit.net; $30

8 SHAKE IT OFF!

The *Core Rhythms Kick Start* DVD will give you the abs workout you've been dreaming of. Latin dance-inspired cardio and core conditioning is the hottest must-do workout.

corerhythms.com; $60