

LET'S GET PHYSICAL

CREATE A PROFESSIONAL-GRADE GYM IN THE PRIVACY OF YOUR OWN HOME.

BY MICHELLE M. HAVICH



POT(BELLY), MEET KETTLE

The latest craze in strength training is the kettlebell. **GoFit** has teamed with Russian Kettlebell Challenge-certified instructor Jessica Huthmaker to help get you in shape, offering her instructional DVD with their kettlebells (\$24.99-\$109.99 each). gofit.net

GONE SWIMMING Swim laps anytime, even in a smaller space, with the **Endless Pool** (starting at \$20,900). Its unique swim current can be adjusted from zero to a racer's pace, so it's perfect for any swim level. Can be installed indoors or outside. (800-732-8660, endlesspools.com)



FLUID WORKOUT

The advanced **Life Fitness X8** elliptical cross-trainer (\$4,299) features 10 workout programs for a total body workout, including five workouts that are heart health specific. *Busy Body Gyms to Go, West Palm Beach (561-640-1080, gymstogo.com)*



STRETCH YOURSELF Increase your muscle flexibility with a Pilates machine. The versatile Allegro Reformer (\$2,395-\$2,690) by **Balanced Body** was engineered for commercial fitness, but is perfect for home use. (800-745-2837, pilates.com)

WALK THIS WAY Control your walking or running workout on the whisper-quiet Z5 treadmill (\$3,699) by **TRUE**. Featuring TRUE's wireless Heart Rate Control system, you can select your target heart rate for optimum results. *Gym Source, West Palm Beach (561-689-2077, gymsource.com)*

