

GO FIT MEDICINE BALL

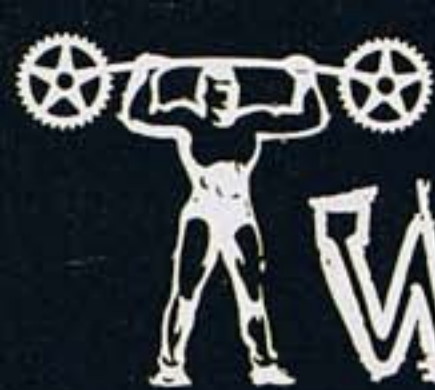
While there are plenty of real exercises that can be done with the age-old Medicine Ball, we feel the simple act of pretending it is a run-of-the-mill basketball and tossing it to your friends will keep you entertained and well-worked-out for hours. Since the Go Fit Medicine Ball is available in weights ranging from four to 15 pounds, you also have the ability to adjust the comedy level of this prank. And while you are having fun tossing this ball around, juggling it hand to hand, or even taking advantage of the provided 25-minute workout video, you will actually be building and stretching muscles throughout your entire body, not to mention developing a better center of balance while trying to stay upright as your friends blast you with it. Taken seriously, you can get a full body workout worth upwards of a hundred dollars a month in gym memberships for about 40 dollars. Taken lightly, you can develop stronger arms and chest, greater flexibility and benefit from a stronger pump and more endurance on long, jump-laden tracks.
www.gofit.net



DYNAGRIP GYRO

If you like to compete with your friends and laugh at their muscle pain, then the Dynagrip Gyro will keep you endlessly entertained. Just grab hold of the familiar grip and learn the gentle rolling motion that will get the internal Gyro spinning. As the Gyro spins, it creates resistance, so a mild pace will help you slowly build your grip and forearm muscles to the tune of a gentle hum while you are reading the magazine or watching the boob tube. Like to torture yourself and friends? Then why not try and really get this bad boy cranking. The Gyro can reach speeds of up to 9000 rpm and create up to 25 pounds of resistance. Break out the timer and see who has greater arm strength for pump and flow before fatigue sends it flying out of control into your mom's fine china. If you aren't top of the pack yet, keep it spinning while you veg out and build stronger arms for a better gate, pump, bike control and lasting endurance. You can even replace the grip with your favorite brand. Get yours for only \$39 wherever sports equipment is sold.
www.dynaflexpro.com





WORK IT OUT

Because gyms aren't for everybody

WAIT, hear us out! We know we probably lost most of you at "work out," but there is more to being in shape than just pulling in a few wins at the track. Every rider has something to gain from working out, from the streets to the track, so don't be the fool to think you are above it.

More and more riders find themselves sitting out a session or watching their class speed by from the sidelines because of an injury that could have been avoided. Still think you are tough enough to muscle through a sore ankle or strained shoulder? Then who is going to dry your tears when you find yourself winded at a National as you try to tackle class, cruiser and open—or bench-warming 30 minutes

into a two-hour session at your local park? Sure, with the right training, the gym can turn you into an Olympic athlete, but this is BMX, and your idea of "taking advantage" of a gym membership is probably more along the lines of doing cannonballs in the lap pool.

This is why we pooled a few less-conventional ideas from serious trainers that feel a whole lot less like working out and a whole lot more like fun. The gear is affordable and often immature, the only programs you will be following are on TV, and the rewards will be fewer injuries and longer sessions, not looking good in spandex. So leave the gym to the meatheads and get ready to get busy the BMX way.

