

AZ SPORTS & LIFESTYLE MAGAZINE

▶ covering the game of life

Doin' My Thing!

Country music
superstar
Luke Bryan
brings his raucous
party to Phoenix
in October

▶▶▶ VOLUME 6, ISSUE 4 ▶ SEPTEMBER/OCTOBER 2014

ALSO IN THIS ISSUE:

ASU's big-play receiver Jalen Strong | Best Dog Parks in the Valley
Comedian Nick Guerra | Frightful Haunted Houses | Paolo Soleri's Arcosanti



1 GoFit Massage Roller

A great way to increase flexibility and speed up post-workout recovery is through target-point therapy or self massage. The GoFit Massage Roller is a great tool to awaken tired muscles pre-workout, and to help knead aching muscles post-workout. [\\$39.99; www.gofit.net](#)

2 GOW Trainer

Revolutionary fitness apparel (compression shirt for men, sports bra for women) has smart threads woven into the garment and comes complete with a clip-on heart rate monitor. It enables you to comfortably and easily track your progress, pace, calories/carbs burned, goals and much more with a free integrated smartphone app. [\\$89.99; www.gowtrainer.com](#)



2

3 Decibullz Contour Earphones

Earphones that allow you to custom fit them to your ear (at home). The Contour offers a perfect fit and sound, letting you listen to the music without the hassle of earbuds falling out or growing uncomfortable. [\\$59; www.decibullz.com](#)



3

4 Dream Duffel

Perfect for dancers and fitness models, the Dream Duffel lets you roll into competition in style. Features a telescoping garment rack for quick outfit changes, and insulated snack pockets lets you refuel any time of the day. Comes in three sizes. [\\$135-\\$180; www.dreamduffel.com](#)



4

5 Topo Athletic ST Shoes

Unique "Y"-shape design follows the natural shape of the foot, fitting snug and secure through the mid-foot and heel, but roomier in the toe box so the toes can spread and splay naturally. Extremely light without sacrificing durability and comfort. [\\$90; www.topoathletic.com](#)



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