



10 best.. Fitness gadgets

Sometimes you need a little push to get your exercise regimen going. These new products mean no more excuses...



{1} SALTER GLASS BODY FAT ANALYSER
So, you've put on a little festive weight, but how much is it actually fat? With these scales you can measure your own "fat content" plus bone, muscle and even water percentage.
£55, johnlewis.com

{2} SPEEDO AQUABEAT 2.0
Jump in the pool and swim along to your favourite songs ("Deeply Dippy" perhaps?) with Speedo's new underwater MP3 player. It's waterproof to a depth of three metres and has a 25-hour battery life. It floats as well, just in case you drop it in the deep end.
£100, speedo.co.uk

which, its maker claims, aids the efforts to shed those pounds.
£44.99, zaggora.com

{5} K-SWISS BLADE LIGHT JETSTER
A new innovation for gym shoes is to have blades that bend with the movement of your foot rather than solid rubber soles. These K-Swiss shoes are chunky, but the combination of compressed foam and dozens of the thin, grippy blades make them a comfy fit for the running machine and a decently priced trainer to start back with in the gym with this January.
£49.99, jbsports.com



{3} WII FIT PLUS BUNDLE
Get in shape in the comfort of your living room with this fitness bundle for the Wii. The clever balance board accessory allows you to do everything from virtual skateboarding (complete with jumps) to rhythm-based kung-fu.
£79.90, tesco.com

{4} HOTPANTS
These hi-tech hotpants help you lose that cellulite and tone up. They use bio-ceramic material to reflect warmth back at the body to give better circulation,

software allows you to set personal goals to work towards and gives you a post-exercise analysis.
£119.99, amazon.co.uk

{8} FITNESS CUBE
Don't think you can fit a big old exercise bench in your bedroom? Think again. The Fitness Cube converts from a diddy box into a full bench in minutes and is good for up to thirty different exercises.
£99.99, decathlon.co.uk

{9} JAYBIRD BLUETOOTH SPORTBAND HEADPHONES
Not only do these headphones come with a lifetime warranty against sweat damage, they also have a built-in Bluetooth signal that links with your smartphone for wireless music playback. It also includes a microphone if you need to answer a call while on the treadmill.
From £79.99, firebox.com

{10} ZUMBA FITNESS KIT
Get in your gym gear, grab hold of the toning sticks and dance away the flab with the Zumba fitness kit. Four DVDs provide Latin dance routines including salsa, samba and merengue.
£39.95, gizoo.co.uk

CHOSEN BY MAX WALLIS