

SUCCESS

What Achievers Read

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Inside

SUCCESS • RESOURCES

Work Out Smart

Fun Fitness Finds

by Brandy Jules

Technology Meets Fitness

Whether you're running, cycling or doing aerobics, track and save your progress with the latest in advanced fitness technology. From watches to video games, these gadgets are designed to keep you motivated and enhance workouts with recorded feedback. The newest devices give consumers an easy way to view and follow their fitness development, evaluate performance history, set personal goals and even challenge others to a little healthy competition. By simply logging on, results are available in seconds for your convenience. No more recording your own fitness regimens—let technology do it for you. **S**



Expresso S3u Upright Bike

Virtual Adventures

Comes equipped with a 19-inch widescreen LCD that offers more than 30 virtual courses, from "Outer Space" to "Ancient China." Through the bike's Web-enabled technology, users can race a friend in the same facility. Compete against your best personal time while the bike monitors your heart rate, power output and calories burned for each ride. It also automatically refreshes new workouts and programs. \$5,295