

PART ONE FASHION · PART TWO BODY & SOUL · PART THREE LUXURY

INDULGE

THE ART OF LIVING WELL · APRIL 2008

Make getting some top-notch home equipment part of your fitness resolution.

If you had the time to get in the car and drive to the gym, you wouldn't feel so guilty about wasting that monthly fee. We feel your pain (and no gain). But if you had that fitness equipment in your house, you'd use it, right? Sure you would. And you're interviewing personal trainers starting this week, right? Invest in the best to make your home gym more inviting. And if you don't have a room you can dedicate to equipment, there are less space-consuming options. Let the sweating begin.

Gym Dandies

BY BUZZ MCCLAIN



EliteFTS 3x3 Professional Rack

You need a place to hang your weights and hook your straps. This unit lets you mix and match your options, from weight racks to band pegs to a chin-up bar. \$1,430; www.elitefts.com.

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