

MAGAZINE OF THE YEAR SHANE WARNE'S NEW SEX SHOCK

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www.newidea.com.au

New Idea

LEISEL SAYS 'I DO'

Jason & Erica's BABY SECRET

ZARA'S WILD ROMP

Patti MY PRIVATE HELL

Shane CHEATED ON ME AGAIN

... and I found out by text!

I'm absolutely devastated

WORLD EXCLUSIVE

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get fit with guy
With ironman legend Guy Leech

TOP GEAR

WE CHECK OUT ALL THE LATEST GIZMOS THAT MAKE FITNESS FUN

RING LAP COUNTER
FROM \$32 (PLUS APPROX \$18 FOR POSTAGE FROM THE US)
Here's a snazzy way of monitoring the amount of laps you've walked or lengths you've swum. The SportCount Ring Lap Counter is a nifty little gizmo that attaches to your index finger and secures like a watch. It features only one button, which you press with your thumb to register the end of a lap. More expensive models are capable of timing each length that you swim, run or walk.

KETTLEBELLS
FROM \$100-\$160 (PER KETTLEBELL)
This little-known piece of equipment is hundreds of years old but coming back in vogue. A kettlebell is solid steel and looks like a cannonball with a handle. Like dumbbells, they come in various sizes, but most women start off with an 8kg bell. They were used to train actors in Rocky 6 and 300 and have shaped the bods of various celebs. Start by just carrying one around, then experiment with lifting and swinging, before moving on to an exercise routine. Expect sweat and sore muscles.

OAKLEY THUMP PRO SUNGLASSES
FROM \$369.95
These lightweight, sweatproof sunnies have a built-in MP3 player that holds 250 songs. The concept isn't new, but this model holds a lot more information than its predecessors. After your workout, just plug a cable into the USB port on the sunglasses and add or delete songs from your computer to create the perfect training playlist. The Thump Pro cannot play music downloaded from iTunes.

POWER PLATE
FROM \$5500
Exercise in a fraction of the time and get the same benefits as a full workout. Sound too good to be true? The Power Plate creates a vibration in the body that is said to accelerate the training effect. It vibrates as you perform moves such as lunges, push-ups and squats. I'm still not totally convinced, but apparently Kylie Minogue and Natalie Imbruglia use one. If you're keen to try it, you'll have to search for one. Sydney will have the first Power Plate studio soon, while elsewhere it's dotted around Pilates studios and fitness centres.

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www.powerplate.com

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