

PART ONE FASHION PART TWO BODY & SOUL PART THREE LUXURY

INDULGE

THE ART OF LIVING WELL APRIL 2008

From
peony pink
to
daffodil
yellow
to grass
green,
everything's
coming up
color.

Bright On

SHOPAHOLIC
Youth-focused boutiques help
fill the generation gap

MANSTYLE
Not so traditional
tennis shoes are winners

LABELMAKER
Going heel to toe with
Beverly Feldman

Kilo SmartSuiter Spinning of personalized trainers, into ones that track one's metabolism, you "Make it busy, then rest." For with this machine, you have the most fun thing—your TV shows more people, taking a health calculator and a health screen, you develop a customized 30-minute training program that the machine makes you which is, lighter, come on the weights settings to allow you others to go next. It counts the number of repetitions and sets you do. It tells you how long to take a rest and at the end of the set, you can take amount of weights (like, calories burned) and time required. These routines have self-adjusted files - from 100 lbs. Performance (all etc.) - but our favorite is beautiful. Price: \$8,900; www.kilosuits.com.



My Gym Floor Our building and home gym, start from the ground up. Build your foundation on the same padded flooring used in Olympic competitions than the gym floor. The rubberized rubber of vinyl tiles come in a variety of colors - from highly durable to designer look like tiles - and in different materials for specialized applications, such as, weight training. Price range from \$3 a square foot to \$30; www.mygymfloors.com.

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



KRAFTS 5x5

Professional Rack

You need a place to hang your weights and hold your shoes. This unit has shelves and built-in pull-up bars, from weight racks to hand rings for a single bar. \$1,400; www.krafts.com.

If you had the time to get in the car and drive to the gym, you wouldn't feel so guilty about wanting that smoothie bar. We don't even give food to go. But if you had that fitness equipment in your home, you'd be in a better state you would. And you're answering general fitness during this work, right? Instead of the best to make your home gym, more training. And if you don't have a room you can dedicate to equipment, there are less space-consuming options. Let the overall big help.

Gym Dandies

BY BOB WILSON



Smooth Agile DMT This "dynamic motion trainer" looks like an elliptical machine on steroids. Yes, it has a regular elliptical setting, but it also has 12 motions and 20 levels of intensity that you can change with the touch of a thumb. Forget about plateauing. Stay on longer thanks to the articulating ergonomic foot pedals with shock absorbing cushions. \$3,999; www.smoothfitness.com.

It includes improved blood circulation and muscle tone, increased hormone levels and the stimulation of bone growth. \$4,500; www.precisionfitness.com.

Kinesis Personal If space is at a premium, consider this space-saving unit that provides for 200 resistance-based exercises in 3.5 square meters. Designed by architect Antonio Gaudi with six gears in each the Kinesis Personal is a compact system of gears, cables and weight stacks that are intended to use the body's natural movements to develop strength, flexibility and balance. From \$3,995 to \$10,995; www.kinesisgym.com.

www.precisionfitness.com



Equinox Fitness

Equinox Fitness is a fitness studio that offers a variety of classes for cardio fitness, strength training, and more. The studio's Internet website offers a variety of fitness classes and more information about the studio's services. The studio's Internet website offers a variety of fitness classes and more information about the studio's services. The studio's Internet website offers a variety of fitness classes and more information about the studio's services.

www.equinox.com



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