

Gadgets and Gismos

Just because something may look a little odd; doesn't mean that it doesn't have a lot to offer. As a personal trainer and fitness programmer, I have ran across my fair share of gadgets and 'hookups' that we use in efforts to get our bodies into the shapes we desire. If it works, who really cares how weird the method is. This is especially true in the workout world. People want to look their very best and they are willing to look a little silly along the way. As I put together this article for discussion I had to realize that there are many inventions out there and although odd/weird in appearance, many of them off real progress to our fitness life. I have to also note that some of them are just your basic junk and because of their selling appeal they end up in your homes taking up space and not taking anything off of your waist. My goal is to begin exploring this world of fitness gadgets and gismos to give my personal thumbs up or down on the latest and greatest as it relates to health and fitness.

As always, my articles grow and I cannot help but improve on them. Even though this article will be available online at www.fortjacksonmwr.com it will change as I discover more gadgets and gismos that I want to share with all.



Ab Circle Pro™ Abdominal and Cardio Exerciser with Workout DVD

Who doesn't want flat abs? This Ab Circle Pro promises to deliver. So is this piece of at home equipment worth your time and money? Yes & No. Yes, if you have a strong back, no if you don't. The Ab Circle puts major emphasis on whittling away the waist from the oblique area. The Swinging back from side to side will also target the lower portion of your abdominal. The handle bars add safety to the workout plus you might get some upper body strengthening due to the fact that you are holding on. If you suffer from spinal/low back pain...avoid this equipment



Tony Little Gazelle Performance 300 with Workout DVD

The Gazelle designed to give you the cardio workout without the stress on your joints. Although it places no stress on your joints, the reviews have not been favorable with the equipment. I personally tried it and was not impressed. It swayed too much, made too much noise and the monitor never really worked. Go

treadmill or walk.



[Sunny Health Fitness](#)
[100-pound Vinyl](#)
[Weight Set](#)

You can never go wrong with a good set of weights. Free weights are so versatile, they take up little space and you can create an entire workout for yourself on a rainy indoor day in front of your T.V.



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This is my definition of a gismo. It was created to bring great abdominal condition, but it is not user friendly, hurts the knees, strains the back. Here's one not worth the money



1. I Love the resistance bands and I would put them in the category of a gismo; but it is a gismo that happens to work. This band tones, and reaches areas free weights will never accomplish. They are great for traveling with for a quick workout in your hotel room. They also come in different resistance so some of them are lighter than others. If you get yourself a combination of about three of them, you can really get a great upper and lower body workout

Questions