

WORKOUTS TO GO

Hoping to get—or give yourself—an iPod, PC or DVD player this holiday season? Why not put those playthings to work? Keeping New Year's resolutions will be a little easier with these new tools designed to transform your high-tech toys into serious fitness equipment. —By *Jeremy Caplan*

MP3 Motivation

Whether your exercise playlist leans toward Radiohead or Rocky, all songs eventually get tired. Now several new services promise to relieve the tedium with downloadable MP3 workouts. Among the best is *iAmplify.com*, which puts a personal trainer in your iPod or other portable digital music player. Workout choices range from yoga and Pilates to cardio and strength training. Our pick: the Total Body Blitz. It's a 30-min. power-Pilates routine for \$4.95 that's surprisingly challenging and doesn't require special gear. *iAmplify* plans to add video workouts in February. A good alternative site is *Cardiocoach.com*, which

offers sweat-inducing workouts geared to beginner, intermediate and advanced exercisers. *Cardiocoach's* five volumes are available on CDs or as MP3s for \$14.95 each.

Workouts by Mail

You don't have to travel too far from your couch to get in shape. If you

**Want to get fit?
Just log on and
download**

subscribe at *Push.TV* for \$25 a month, you'll get a DVD with two routines tailored to your body type and exercise expertise, plus one extended cardio session. Each month you can update your fitness profile to make sure that your next disc will



provide even more gain with minimal pain.

Learn like Lance

If you're ready to graduate from treadmill to triathlon, consider Carmichael Training Systems (CTS). Run by Chris Carmichael, Lance Armstrong's coach, CTS

offers hard-core online regimens and personal coaching via phone and e-mail. First, the center's trainers assess your fitness level and goals, preferably in person. Then they provide nutritional advice and guide you remotely

through every workout. Clients log in to *trainright.com* to track progress. This type of elite coaching doesn't come cheap. Depending on the level of supervision, the cost ranges from \$39 to \$1,500 a month.

FITNESS GEAR OF YESTERYEAR

If ever there was a gadget made for infomercials, it had to be Suzanne Somers' legendary ThighMaster, near right. Still sold online for just \$20, it has been joined in the garage-sale hall of fame by such workout wonders as the Ab Roller, far right, which goes for about \$30 these days, and NordicTrack's Cross Country Skier (\$600), once the carb burner of choice among as-seen-on-TV fanatics.



CRUNCHING THE NUMBERS

Americans spent \$5 billion on exercise equipment in 2004. That's nearly double the \$2.8 billion spent in 1994, according to the National Sporting Goods Association. • Unlike stair climbers and rowing machines, whose sales are flagging, treadmills are increasingly popular. In 1994 they made up 38% of equipment sales; in 2004, 56%.

ILLUSTRATION FOR TIME BY JOSHUA GORCHOV

NORDICTRACK: STEVE WORT; WEIGHTS: THOM LANG—CORBIS