

Fitness Made Easier

Skip The Gym And Get Fit At Home In 2014

(NAPSA)—Good news for fitness enthusiasts (and anyone who'd like to be): You don't have to go to the gym when you can get a complete workout from home and save time.

That means you won't be among the more than one in 10 U.S. adults who, CouponCabin.com reports, sign up for a gym membership and then quit within a year. In fact, 80 percent of those who quit do so within the first five months. What's more—or, rather, less—according to statisticbrain.com, 67 percent of people with gym memberships never use them at all.

Luckily, there's a solution. According to a study from Nautilus, Inc., that surveyed 1,000 U.S. consumers, 47 percent prefer to work out at home, and the No.1 reason people don't work out is because they don't have enough time. Here's a look at a few of the tools they use, which all incorporate mobile applications so you can track your progress:

• **Bowflex® MAX Trainer™**—A groundbreaking cardio machine has been created that burns more than 2½ times the calories than any other fitness equipment, engages the upper body 80 percent more than a traditional elliptical and is easier on the joints than running on a treadmill. The secret behind the massive calorie burn lies in the industrial design as it relates to total body movement. In addition, a 14-minute interval workout with this Bowflex MAX Trainer maximizes after-burn and increases your metabolism up to 48 hours after a workout. Its unique upright design and small footprint also make it ideal for in-home use. Users can track their workouts with the free Bowflex® MAX Trainer™ application, which wirelessly transfers all workout data via Bluetooth® smart technology. Learn more about it at www.bowflexmaxtrainer.com.

• **Schwinn® 270 Recumbent Bike**—Burn calories in comfort



Total body movement is key to getting and staying fit. A new calorie-burning cardio machine can help.

with an exercise bike that's equipped with a padded, contoured seat and ventilated seat back. The Schwinn® 270 Recumbent Bike offers 25 levels of computer-controlled resistance, 29 fitness programs and a DualTrack™ LCD display that allows you to use your favorite electronics while monitoring your fitness activity. You may upload your results via USB to the SchwinnConnect™ website for progress tracking—which then automatically uploads to your MyFitnessPal® account, so you may evaluate your fitness progress in conjunction with your diet. See more at www.schwinnfitness.com.

• **Bowflex® SelectTech® A** smart set of dumbbells—These let you circuit train, tone and burn fat. The breakthrough design of the popular all-in-one Bowflex SelectTech Dumbbells (www.bowflexselecttech.com) delivers the capabilities of 30 traditional dumbbells into just two. You can pair them with the free Bowflex® SelectTech® Trainer App at www.bowflexselecttech.com/app, tailored to help you meet your fitness goals and master new moves while listening to music selections from your favorite playlist or album.

Learn More

You can find more fitness facts and tips online at www.bowflex.com.