

LAS&F[®]

LOS ANGELES SPORTS AND
FITNESS MAGAZINE
OCTOBER 2004

Fall Shoe Review

37
New Styles
Special Section

New Technical Toys

**Eat Your Way
to Six-Pack Abs**

**Energize Your Run
With Active Stretching**

**The Dirty Side
of Cycling**

A tall, white, cylindrical lighthouse stands on a grassy hill. The lighthouse has a red lantern room at the top and a glass-enclosed base. In the foreground, a group of runners is jogging along a path that runs along the base of the hill. The sky is clear and blue.

THE LONG RUN
CELEBRATING 20 YEARS IN LONG BEACH

FOCUS ON GADGETS

Game Ready System

The name says it all — this device will get you game ready. Basically, the system provides controlled cold therapy to speed the healing process. It's an expensive way to treat an injury, but it's super effective and feels amazing. The Game Ready system consists of flexible, ergonomic wraps and a control unit, which has a reservoir that is filled with ice and water. A hose connects the unit with the appropriate wrap (available for the ankle, knee/thigh, lower back, shoulder, elbow and wrist). After securing the wrap on the injured area you can choose one of four compression levels and the temperature range. As the unit circulates cold water into the wrap, heat is removed from the injury site, which alleviates pain, diminishes inflammation and prevents further swelling. At the same time, the unit applies compression for two minutes and then releases for one minute. You have to feel it to believe it.



\$2,225 (unit with one wrap), gameready.com

Polar 625X

This new device from Polar displays and records running pace, speed and distance in large, readable numbers along with, of course, heart rate. The 625X opens a new window of insight into your training in a user-friendly package. Forget expensive lactate threshold tests as this lab-on-your-wrist delivers usable data in real-world settings. But running is only the beginning. The 625X is a bike computer, too, adding not just speed and distance, but cadence (with optional wireless sensor, \$35) or for the truly obsessed, power output and left/right pedal balance (with optional power sensor, \$350). All training information is downloadable to a PC via infrared connection, and the Polar software maintains a detailed training log and allows tracking of training time in target zones, speed, distance, exertion, average heart rate, etc.



\$350, polarusa.com

P90X

This in-home fitness program is the follow up to the body transformation program, Power 90 from Beachbody. The new program, featuring 12 cutting-edge DVD/video workouts, was developed for serious exercise enthusiasts who are looking to build upon their fitness levels. P90X, which is derived from Power 90-Extreme, is a three-month program designed with specific objectives to maximize total body development. The program is hosted by trainer Tony Horton and utilizes a concept called muscle confusion, which challenges your muscles with a new movement just as they begin to adapt to the previous movement. This variety-style workout forces your body to work harder, in turn producing better results. The package comes with 12 DVDs, a fitness guide and a nutrition plan.



\$150, beachbody.com

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