

## Cardio

Choose at least one, and do 30 minutes 5 or more times a week.

### Budget Buys BETWEEN \$20 AND \$80

**BURN 110-PLUS CALORIES** in just 10 minutes with the **Reebok Adjustable Speed Jump Rope**. You can also add weight to the handles to sculpt shapelier arms. You'll need at least a 9-foot ceiling and a body that can take high-impact exercise. (\$20; [amazon.com](http://amazon.com))



**AN INDOOR ALTERNATIVE** Step while watching TV, or pop in a DVD for a challenge. **Reebok's Incline Step** includes slanted risers (for variations that target different muscles) and a 20-minute DVD. (\$80; [amazon.com](http://amazon.com))

**EXERCISE DVD FANS** can spice up their routine with **Gliding Discs**. Stand on them and slide around the room for a low-impact workout that hits underused muscles like the inner thighs. (\$23 for discs and 3 DVDs; [glidingdiscs.com](http://glidingdiscs.com))



### Mid-Priced BETWEEN \$599 AND \$1,000



**PEDAL OFF POUNDS** pain free with the **Vision Fitness R1500 bike**. There's no hunching over handlebars on this recumbent ride, and the cushioned lumbar supported seat is so comfy, you may not want to get off. (\$599; [visionfitness.com](http://visionfitness.com))

**BABY YOUR KNEES** and burn megacalories. A no-impact elliptical trainer like the **Nautilus E514** mimics running, and you can reverse directions to work more muscles. This model is so smooth, it feels like high-priced gym models. (\$999; [nautilus.com](http://nautilus.com))



**FAIR-WEATHER WALKERS** and runners will like the **Horizon Fitness T203 treadmill**. Its cushioning system provides more shock absorption at the front of the belt where your foot lands and is firmer at the back where you push off. (\$1,000; [horizonfitness.com](http://horizonfitness.com))

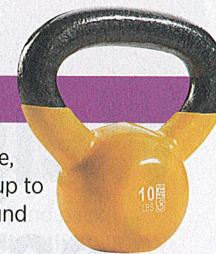


## Strength

Choose at least one product, and do 2 or 3 workouts a week.

### Budget Buys BETWEEN \$5 AND \$35

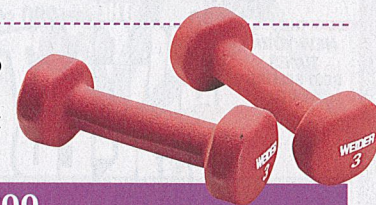
**FOR A HIGH-INTENSITY** strength and cardio routine, grab a **kettlebell**. In just 20 minutes, you can burn up to 400 calories and firm all over. GoFit offers a 10-pound kettlebell with a beginner DVD. (\$35; [gofit.net](http://gofit.net))



**RUBBER RESISTANCE BANDS** and tubes mimic machine moves and target back, hip, and inner thigh muscles that are hard to hit with dumbbell exercises. **Braided Xertubes** are a bit pricier but more durable than traditional models. (\$30; [spri.com](http://spri.com))



**PERFECT FOR BEGINNERS**, **dumbbells** are easy to use. Choose lighter ones for small muscles like triceps, heavier ones for larger muscles. (from about \$5 a set; available at retailers such as Sears)

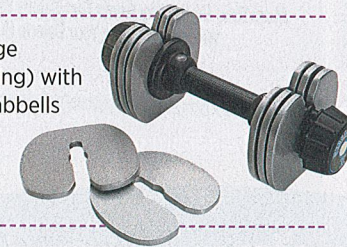


### Mid-Priced BETWEEN \$30 AND \$300

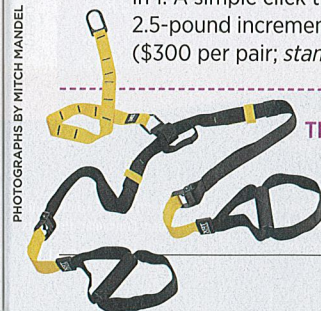
**MAKE BODY-WEIGHT** moves like planks and leg lifts more challenging with **Contour-Weights** (you'll probably want two). Secure the long neoprene tube around your waist, drape it over your leg, or hold it like a bar for upper body exercises. Available in 6, 9, 12, and 15 pounds. (\$30 to \$57; [spri.com](http://spri.com))



**AVOID DUMBBELL CLUTTER** but still challenge yourself with heavy weights (key for fast toning) with **Stamina's Versa-Bell weights**. You get 9 dumbbells in 1: A simple click transforms the weight in 2.5-pound increments, from 5 to 25 pounds. (\$300 per pair; [staminaproducts.com](http://staminaproducts.com))



**THIS PORTABLE DEVICE** is like a gym in a bag. Attach the **TRX suspension trainer** to a door, put your hands and feet in the handles, and you can do more than 300 exercises. (\$200, includes guide and DVD; [fitnessanywhere.com](http://fitnessanywhere.com))



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