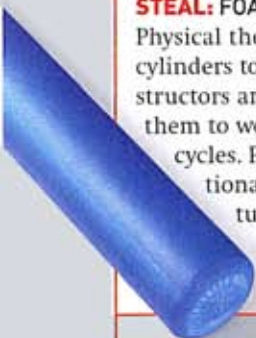


STEAL OR SPLURGE

# Best buys for home workouts

**STEAL: FOAM ROLLER**

Physical therapists have long used these soft cylinders to deepen a stretch. Now Pilates instructors and personal trainers are using them to work the abs—think crunches and bicycles. Pick up *Pilates on a Roll*, an instructional video of moves to do with your tummy-toning toy. Cost: \$37.50 for the roller at pilates.com; \$25.95 for the video at stottpilates.com.



## Awesome Abs

**SPLURGE: ALLEGRO REFORMER**

Pilates enthusiasts swear by the Reformer for sexy abs. This home version does the job and fits into any decor (choose from colors like Candy Apple, Bluejay or Pink Ice for an additional \$75). Cost: \$2,295 at pilates.com.



**STEAL: JUMP ROPE**

With this cardio standby, you can burn 135 calories in just 10 minutes. It's also more travel-friendly than your average cardio machine. (See page 30 for a complete calorie-melting jump rope workout.) Cost: \$7.95 and up at ropesport.com.



## Killer Cardio

**SPLURGE: TRUE ZT550 CI TREADMILL**

Treadmills give the best cardio-machine calorie burn, and the ultra-quiet True is no exception. It also lets you set the firmness of your running surface. Cost: \$5,795 at 800-GYM-SOURCE.



**STEAL: STABILITY BALL**

Use it as a bench to boost the core challenge of your crunch. For more sculpting moves get *101 Ways to Work Out on the Ball*, by Elizabeth Gillies (Fair Winds Press, 2004). Cost: \$19.95 for the exercise ball at target.com; \$13.57 for the book at amazon.com.



## Total-Body Toning

**SPLURGE: TUFF STUFF APOLLO 250 DELUXE HOME GYM**

This two-in-one system has fixed weights for target sculpting and cable systems for functional training. Cost: \$4,199 at 800-GYM-SOURCE.



**STEAL: RESISTANCE BANDS**

You need just three (light, medium and heavy) for sexy biceps and triceps. *Resistance Band Workout*, by James Milligan (PRC Publishing, 2004), has all the moves. Cost: \$8.95 for three bands at performbetter.com; \$12.95 for the book at amazon.com.



## Amazing Arms

**SPLURGE: BOWFLEX SELECTTECH DUMBBELLS**

These adjustable weights shift from 5 to 52.5 pounds in 2.5- or 5-pound increments. Get the companion stand and you won't risk throwing out your back. Cost: \$399 for the weights; \$139 for the stand at nautilus.com.



**STEAL: THE ORIGINAL HEALTH CLUB STEP**

This no-frills solution from Fitness Wholesale will tone your tush—fast. For a repertoire of moves, try the *Crunch: Step and Sweat* DVD. Cost: \$69.95 for the step at fivonline.com; \$14.95 for the DVD at collagevideo.com.



## Firm Butt

**SPLURGE: STAIRMASTER STEPMILL 7000PT**

If you want to sculpt stare-worthy glutes without moving into a high-rise, there's nothing better than a StairMaster StepMill. It's a virtual never-ending staircase. Cost: \$5,149 at stairmaster.com. —BETSY STEPHENS

