

ANCHOR'S AWAY!

Get suspended with this new crop of bodyweight-training devices, specifically designed for home use—aka your living room.

BEST BANG FOR YOUR BUCK: OPTP RESISTANCE BAND WALL ANCHOR

Simple yet ingenious, this system created by two physical therapists comes with three clips (that can sustain a pull force of 800 pounds) that you mount to the wall at different heights, each with an attachment point for resistance bands or tubes. Also included in the kit: a Sanctband resistive band, an instructional exercise poster and access to online exercise videos (\$29.95; optp.com).



FOR THE TECHIE: TRX HOME2 SYSTEM

The suspension trainer you know and love just got a design upgrade, with a more minimal strap and adjustable foot cradles that allow for barefoot workouts. The Home2 package comes with a one-year subscription to the TRX App, which acts like a virtual trainer, providing audio cueing throughout more than 80 workouts. But the coolest part is that it accumulates biometric data (i.e., your heart rate, speed and distance) to adapt and interact with you for a more personalized feel. There's even an option to stream music while you move—and the app autocorrects the volume level so you can still hear your "trainer" (\$199.95; store.trxtraining.com).



MOST SUPPORTIVE:

AB-EZE

Inspired by the trapeze harness on a catamaran, this core-activating device is essentially a support pad attached to an adjustable strap that can be anchored to any door or fixed point, supporting up to 200 pounds. The Ab-Eze comes with a manual of exercises developed by founder Missy Reder, a yoga teacher and personal trainer, and there's plenty of free video workouts on the website to keep you shaking (\$149.99; ab-eze.com).



HOMEWORK

No More Excuses!

The latest resources we love.

PILATES BASICS

158 pages, *The Well-Tempered Workout*

LEVEL beginner

EQUIPMENT mat, exercise band

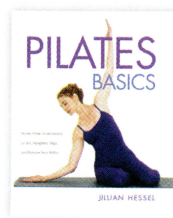
TEACHER Author Jillian Hessel

is the owner of Jillian Hessel Pilates in Beverly Hills, CA, and founder of The Well-Tempered Workout, Inc. She's PMA-certified and was mentored by Ron Fletcher, Kathy Grant and Carola Trier.

WHY WE LOVE IT Correct posture, breath and alignment are paramount, as evidenced by Jillian's masterfully written descriptions that serve as a guide to 21 fundamental matwork exercises.

SPECIAL FEATURES This is the second printing of this book with improved features such as a new intro penned by Hessel and a larger 8-by-11-inch size with color photographs reproduced on high-quality paper. It also includes a five-minute tummy tuck section that's invaluable.

BUY IT \$34.95; jillianhessel.com



PILATES SUSPENSION METHOD

81 minutes, *Water Tree Studios and Pilates949*

LEVEL beginner through

intermediate-advanced

EQUIPMENT suspension trainer

TEACHER Rebecca Beckler

is the founder of the Pilates education business, Pilates949, and travels the country teaching her Pilates Suspension Method courses.

WHY WE LOVE IT The suspension trainer is a wonderfully portable device that targets small muscle groups and provides misalignment clues. Three segments—a foundation workout, an intermediate workout and a quickie core challenge—deliver 30-plus exercises to help students become adept at analyzing alignment.

SPECIAL FEATURES The foundation workout readies you for flowing workouts, so you can spend less time figuring out the setup and more time exercising.

BUY IT \$59.99; pilates949.com



Return to Health

WHEN WE FIRST SAW **THE ULTIMATE WORKOUT AND RECOVERY GYM**, we couldn't help but wax nostalgic over how Pilates got started: by Joe rigging springs to hospital beds to help rehabilitate bedridden internees during WWI. This steel-forged aluminum mechanism—which can either be mounted to a bed or a chair or bolted to the floor—allows anyone confined to a bed or a wheelchair to do resistance-based Pilates work and more without leaving home (\$1,249.99–\$1,999.99; workoutandrecovery.com).

