

BODY & SOUL

Exercise Your Options

BY BUZZ MCCLAIN



Workout wonders include a machine that lets you surf while you walk.

It's the hardware that makes hard bodies. It's the machine that quietly, patiently waits for us in the darkened back room, luring us into action by its unspoken presence. It's an altar, a workbench — and all too often a place to pile dirty clothes.

It happens to the most dedicated of us: We get bored with our workouts. We plateau and then we get depressed. The key is to keep things fresh, and when it comes to the home gym, that means getting a new toy every once in a while.

Here are a few of the latest and greatest workout machines on the market that are sure to get you in the mood for breaking a sweat.

Stamina's AeroPilates Pro 686

Take your Pilates to a new level — horizontal — with this in-home reformer. The elevated platform gives you better access to the gliding carriage, which features oversized polyurethane rollers and five heavy-duty springs for varying degrees of resistance. The headrest adjusts to three positions, and the padded foot bar fits in four positions for maximum personalized comfort. The distinctive Free-Form Cardio Rebounder adds an extra opportunity for a low-impact cardio workout. (\$1,999; www.csnstores.com)