

New workout machines that work

McClatchy-Tribune

-- 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. Details: \$1,999; www.csnstores.com



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