

About.com Exercise

Exercise Blog

By [Paige Waehner](#), About.com

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What's New in Fitness

Friday August 14, 2009

Today, I'm highlighting a few new products and ideas that have come across my in-box in the last few weeks. Some look promising while others simply promise a good laugh. Take a look and see what you think:

- [Magneat](#)¹ - I haven't tried this, but it actually looks useful, especially considering how annoying my headphone wires can be. The Magneat attaches to your clothes and allows you to wrap your headphone cord around it and lock it into place.
- [The Helix](#)² - This is another new product that caught my eye, a lateral trainer that moves in a figure eight motion. It looks like an elliptical trainer that moves sideways, if that makes any sense. Aside from the fact that they say this will sculpt your inner and outer thighs (we all know that spot training doesn't work), it looks interesting, although I'm wondering how it would really feel to take the body through that kind of motion for a long cardio workout.
- [Land Paddling](#)³ - The email I got about this one asked, "Want abs like Matthew McConaughey?" I almost deleted it right then and there (mostly because it's tiring when people try to sell products by promising six-pack abs). I took a look and decided that standing on a long board and using a land paddle looked kind of fun. The 'Big Sticks' that allow you to paddle and the long boards (which look like big skateboards) are surprisingly expensive, so I'm not sure this will catch on. But, it's cheaper than buying a plane ticket to Hawaii for the real thing.
- [Shake Weight](#)⁴ - And in the Oh-My-Goodness category, comes the Shake Weight which...sigh. I can't even bring myself to describe this one, but I will say it made me laugh and laugh. I give it a thumbs-up just for entertainment value.

Have you tried any of these things or have something new to share? Leave a comment and tell us about what's new in fitness.

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Comments

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(1) ray says:

August 14, 2009 at 11:41 pm

9/8/2009

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shake a weight. ha ha. right up there with the striptease workout.

(2) Denise says:

August 17, 2009 at 6:32 pm

shake weight-still laughing and wiping the tears from my eyes!!

(3) lindsay macvean⁸ says:

August 18, 2009 at 9:59 am

That land paddling board, looks awesome. I would say you need to have a basic level of fitness to start with. As a surfer I will definitely see if one is available in the republic of Ireland.

For balance you can also try an indo board. I recently tried one of these, and after a bit of messing around got the hang of it. Very good for balance and core strength.

(4) Fitness Nerd⁹ says:

August 18, 2009 at 2:03 pm

Notice how there are no men advertising the Shake Weight. That's because trying to sell a guy one of those things would be like trying to sell your dog a second tail.

(5) BG says:

August 23, 2009 at 6:27 pm

Try the TRX for exercise, it's awesome!!!

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