



# TECHNOLOGY

FITNESS TECHNOLOGY

## TRAIN INDOORS OR ON THE TRACK WITH THE GARMIN FR60

Garmin has launched an entry level fitness product, the Garmin FR60. With different models specifically built for men and women, the easy-to-use FR60 tracks your entire workout data- whether in the gym or on the road, including time, calories burnt, heart rate, virtual partner, and much more. The FR60 can be paired with an optional foot pod or speed/cadence sensor to track your distance and speed of your running or cycling work-

outs. The wireless speed/cadence sensor attaches securely to your bike and measures your pedaling cadence and wheel speed as you ride. You can even use it to train indoors as the sensor attaches to your rear wheel. Wireless ANT+ technology allows you to wirelessly download your workout information and analyse your progress and even share with an online community of fitness enthusiasts on the Garmin Connect website. The Garmin FR60 is available at Cape Union Mart and Sportsman's Warehouse at a RRP of R2,100.



**fittech**  
the hottest tech stuff

## BREO ROAM WATCH

Breo Sport's multi-functional Roam watch is a statement of design and quality. It is designed to the highest engineering standards and feels comfortable on the wrist under any conditions. Roam bands have achieved celebrity status in both the sport and fashion world, and are a unique, low cost purchase. The Breo Roam features a digital, LCD display, is water resistant to a depth of 10m and weighs just 10g. It is made with a material called tourmaline, a naturally occurring mineral, widely



used as a semi-precious gemstone and is responsible for many beneficial health effects including:

- Increased concentration
  - Natural detoxification of the body
  - Improved sleep, relaxation and meditation
  - Improved vitality and mood
- Available from Edgars Active stores for R199

provides the most accurate estimation of energy expenditure on the market today

## COUNT THE BURN WITH EXERSPY™



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more info

The Exerspy™ is a very accurate device for measuring calorie expenditure through a patented process for interpreting calorie burn called "sensor fusion", which involves collecting a range of body-data using multiple physiological sensors. This includes an accelerometer, a Heat Flux body temperature sensor, Galvanic Skin Response sensor that measures sweat rates and a skin temperature sensor. It's this multi-sensor approach that enables Exerspy™ to "see" the wearer's context, be it sitting, sleeping, walking or training. The data these four sensors collect, in conjunction with the wearer's specific body parameters (age, gender, height, weight) enable the most accurate estimation of energy expenditure on the market today. Available from [www.exerspy.co.za](http://www.exerspy.co.za) for R2999 (excludes shipping).

## TOP HEALTH & FITNESS SMARTPHONE APPS



### TOP ANDROID APPS:

**Endomondo Sports Tracker**  
Price: FREE

Helps you track time, distance, speed and altitude, and keeps a history of your workouts.

The app integrates with Google Maps and your audio playlist in addition to the website for detailed analysis of your progress.



**Calorie Counter by FatSecret**  
Price: FREE

Keep track of calories and other nutrition facts. Calculates the recommended daily intake for a user to achieve her fitness and weight goals. Has a built-in barcode scanner to make finding foods a snap.



### TOP APPLE IPHONE AND IPOD APPS:

**iPump & Fitness Builder**

Price: \$19.99  
Offers a great variety of workouts with various equipment. You can search workouts by location, goal or keyword.

Contains videos of each exercise and lets you edit workouts or create your own. Also available, iPump Trainer workouts for \$2.99 each.



**Yoga Relax**  
Price: \$1.99

Voice promoted instructions and soothing music, with workouts that vary from 1 to 36 minutes.