



**Go gadget, go!** Clockwise from top left: Adidas smart ball; iPod Nano; TomTom's GPS watch; BKOOL Bike Trainer; Withings Smart Body Analyser. Inset: Finis Neptune

## Work it out

Looking to get more professional about your sport of choice? **Mat Gallagher** has the gadgets to get you on the right track

### Running

#### TomTom Runner Cardio GPS Watch

The latest Cardio GPS watch from TomTom comes in two versions, the Runner and the Multi-Sport. The Multi-Sport includes a bike mount, the option to add an optional cadence sensor and swimming and cycling activity settings. Both watches are waterproof to 50 metres, have an eight-hour battery and measure pace, speed, distance, calories and heart rate. *Priced 2,580RMB, from suning.com.*

#### Zombies, Run! app

The app store is filled with training programmes to help you exercise, lose weight or train – but only one of them features the undead. *Zombies, Run!* is a mix of adventure and training. The app uses the phone's GPS and sensors to track your progress, much like a regular trainer, but at the start a commentary sets the scene. In the first episode you're dropped a few miles from 'base' and must reach it while avoiding the zombies. You can walk or jog at any pace, but when you're told zombies are close you need to go faster to escape. A very inventive way to make exercise interesting. *Available on Apple and Google Play stores priced 22-24RMB.*

### Ipod Nano

Listening to your favourite tracks is the best way to zone out while exercising, so a good MP3 player is an essential part of your kit. Apple's latest seventh generation Nano is just 5.4mm thick and weighs 31g, meaning you hardly notice it when out on a run or in the gym, especially if worn in a sports band holder. The Nano comes with a 16GB capacity and features a 2.5-inch touchscreen display. The device also includes the Nike+ app, which uses inbuilt sensors to work as a pedometer, measuring your steps, distance and time exercised. *Priced 1,148RMB from apple.com.*

### Football

#### Adidas smart ball

Designed for dead-ball kick training, the Adidas Micoach smart ball looks like a regular football but inside is an advanced sensor that collects data and delivers feedback and training via an iPhone app. Featuring a tri-axel accelerometer, Bluetooth connectivity and a battery that is good for around 2,000 kicks per charge (one week standby), this is the most advanced football you've ever owned. Being a standard size-five ball with a plastic outer, it can still be used

for regular play – but it's not a ball you'd want to lose over the fence. *Priced around 2,060RMB from adidas.cn.*

### Aerobics

#### Xbox Fitness

These days, getting in shape at home doesn't require a kitsch '80s workout video. Microsoft has given the home work out a revamp with its Kinect Xbox games – and the new Xbox One has the most impressive version yet. Featuring classes from some of the biggest names in the business – Jillian Michaels, Tracey Anderson, Shaun T of *Insanity* and Tony Horton of *PX90* – Xbox Fitness gives you feedback on your form, power and heart rate using the Kinect camera unit. It's like having your very own trainer there with you. *Free with Xbox One, which is priced 3,799RMB from suning.com.*

### General

#### Withings Smart Body Analyser

Getting on the scales can be a daunting task, but we all know that being healthy is not just about weight. Withings' Smart Body Analyser is some of the most advanced scales around, providing information on body composition, heart rate and even air quality. Once set up, the scales can help you track your progress and allows you to view the results in graphical form on a web page or via Android and iPhone apps. The device connects via Bluetooth

and Wi-Fi and can store data for up to eight users. It can also be used as part of your data tracking for many popular health apps. *Priced 1,248RMB from apple.com.*

### Swimming

#### Finis Neptune

This MP3 player is designed exclusively for swimmers and doesn't actually feature earbuds. The pad-like attachments sit further forward and transmit the music through vibrations in your jawbone to your inner ear. This has shown to be a more effective method as ears fill up with water and buds have a habit of falling out. The result, surprisingly, is crystal-clear sound – though it works best when your head is completely submerged. With 4GB storage and a clear OLED display, you can enjoy your favourite tunes while putting in the lengths. *Priced 1,599RMB from amazon.cn.*

### Cycling

#### BKOOL Bike Trainer

Being out on your bike is a great form of exercise, but on wet, cold or polluted days, it just doesn't have quite the same draw. With the help of this small gadget you can bring your bike into the warmth of your apartment and cycle freely – without actually going anywhere. There's a wide range of bike trainers on the market, and the BKOOL model sits in the mid-range section. It includes a simulator that gives road-like feedback and links to an app for PC, Mac or tablets for ride information. It also features videos of thousands of ride sessions to inspire you to keep pedalling. *Priced around 3,070RMB from amazon.com.*

