

BEST NEW WORKOUT GEAR

Your 401(k) may be shrinking, but that's no excuse for your waistline to grow. You don't need an expensive gym membership to start your spring training.

On **The Early Show** on Friday, March 20, 2009, Adam Campbell, an editor of Men's Health magazine (www.menshealth.com) showcased three low-cost, portable products you can easily use at home.

Campbell demonstrated exercises you can do with the Valslide, the Woody Bag, and the SuperBand:

VALSLIDES (\$30)

ValSlides are inexpensive and portable -- so you can take them anywhere.

Because you're sliding into position, the Valslides make exercises seem easier. But this also keeps your muscles under constant tension, which means you're actually working harder.

They also make your body just a little bit less stable -- which forces activates your abs more on every exercise.

Exercise:

Reverse lunge (with bodyweight) -- simple, all viewers can do.

WOODY BAG (\$60 - 120 depending on size of bag)

Sand bags give you a great workout because as you lift the bag, the sand shifts. This changes your center of gravity, which makes your core work harder on every repetition. In fact, you might say these bags make exercises awkward, but in a way that's GREAT for your body.

The problem: The bags get holes in them easily. So the weight actually leaks out -- and can make a mess if you lift in your house. That's why we like Woody Bags: The sand stays neatly in the bag. What's more, the handles allow you do a variety of exercises, including rows. So you can work your entire body, indoors and out, with just one bag.

Exercise: Squat with bag

SUPERBANDS (\$13, available at performbetter.com)

These giant rubber bands allow you to work your entire body without weights. You simply step on them to hold them in place, then do exercises like the squat and arm curl. Plus, a simple utility strap allows you to attach the bands to a sturdy object (a door, a fence post, anything that won't move) -- for even more exercises, such as the lunge, row, and chest press.

Exercise:

The Arm Curl. Really simple, just stand on the band and grab the other end with one hand -- and perform a curl. To make it harder, take a wider stance -- this decreases the slack in the band, increasing the resistance you have to pull against.

For more on fitness from Men's Health, go here: www.menshealth.com/fitness.