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## TECHNOGYM FERRARI UNICA

£4,700, [technogym.com](http://technogym.com)

**The claim** Resistance trainers ensure smooth moves with correct posture, which are an ideal way to train. Unica's multigyms have 25 exercises, with workouts activated by your personal memory stick. They're popular with racing drivers, and this custom-built version was created for Ferrari owners.

**The reality** Most resistance trainers are ugly, but this is red and shiny and has leather seats, although non-oligarchs should go for cheaper brands such as Body Solid or Vectra and buy a tin of red paint. 6/10



# 18

## BRITISH MILITARY FITNESS

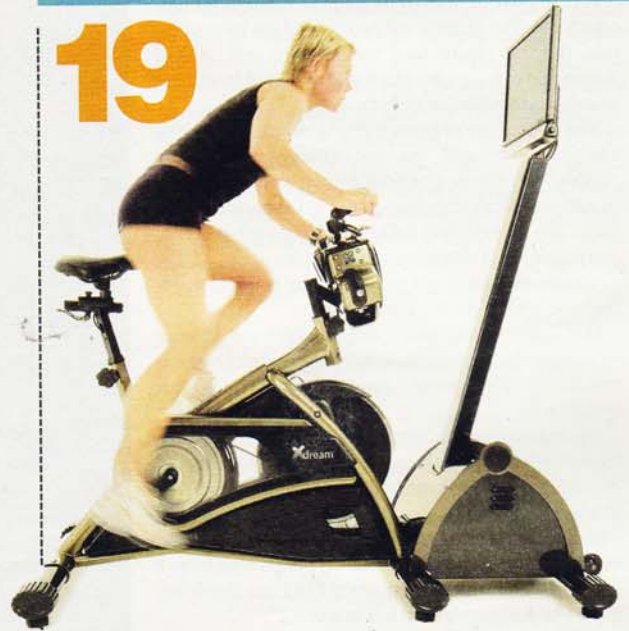
From £28 per month (free trial class), [britmilfit.com](http://britmilfit.com)

**The claim** Unparalleled motivation in the great outdoors. Armed forces instructors take civilians through versions of army training in Britain's parks.

**The reality** Being shouted at by a shaven-headed sergeant is a fantastic motivator, and the punishing combination of jogging, sprinting, press-ups, star jumps and burpees got us ten times fitter than anything we do while gawping at Sky News in the gym. Expect to end up red-faced and muddy. 8/10



# 19



## TRIXTER X-DREAM

£6,345 from Harrods, [trixter.net](http://trixter.net)

**The claim** The first exercise bike to engage the upper body and core muscles as well as the legs, as used by superbike champ James Toseland. It's supposed to simulate the effects of cross-country cycling with a range of interactive races against the computer or friends.

**The reality** Anything's an improvement on the old-fashioned exercise bike with its high tedium-factor and suitability as a clothes-horse. X-Dream's claims to target core muscles look doubtful compared to machines that really throw you off-balance, but the interactive games are a genuine step forward in motivation. Seek out a gym that's invested in a set. 8/10

# 20

## TRX SUSPENSION TRAINER

From £120, [suspensionfitnesssystems.co.uk](http://suspensionfitnesssystems.co.uk)

**The claim** The most important piece of equipment since the dumbbell, delivering a total body workout anytime, anywhere. The nylon strap improves core body strength with 300 exercises.

**The reality** Sounds ridiculous, looks rubbish, works brilliantly. Your feet or hands are suspended while you work out, forcing you to use muscles that weight machines simply can't reach. 9/10



## GYMBOX

From £48 monthly membership, [gymbox.co.uk](http://gymbox.co.uk)

**The claim** Fitness has never been so much fun. Gymbox is the original of the new wave of gyms that feel like nightclubs. Stacked with cutting-edge equipment, Gymbox has nightly DJs and ever-changing classes.

**The reality** Each Gymbox is built around a boxing ring (with instructors who don't punch back) which is way more fun and much tougher than you think. Boxing works the entire body. 8/10