

BURN OFF YOUR GUT IN 10 DAYS—GUARANTEED!

EXERCISE & HEALTH

THE FITNESS GUIDE FOR MEN

FALL 2011 #55

CARVE A RIPPED BODY

**FAT TO MUSCLE
IN 14 DAYS!**

**JACKED
ARMS FAST!**

**MUSCLE
MEALS IN
MINUTES**

HIT YOUR ABS HARD

**With Our 10-Minute
NO-FAIL WORKOUT!**

**KILLER
LIFTS
FOR PECS
& DELTS**



exerciseandhealthmagazine.com



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Enhancing the Best

iPod/iPad Add-Ons Are Sound Choices

The whole world's got iPods and iPads. Now the new thing is what secondary products go best with them. Last issue we focused on earbuds to enhance the listening experience. Here we spotlight a variety of items produced specifically with Apple's revolutionary music devices in mind.

Visually reminiscent of a cloud or a moving wave, Edifier offers a breathtaking sound experience with the introduction of its **Breathe** iPod/iPhone all-in-one audio system, a compact yet powerful music center that combines a uniquely elegant contemporary appearance with expansive sound quality and ease of use. Immersing your imagination through clear, crisp sound, the Breathe accompanies any home décor.

Breathe is elegantly simple in both appearance and operation. Its built-in iPod/iPhone dock rests atop the unit for easy access, and the supplied adapters accept any iPod or iPhone with a docking connector. The included remote operates the control and navigation of the iPod or iPhone, as well as the Breathe's power on/off, volume, input selection and other functions. The Breathe can also be operated via its front-panel controls. The Edifier Breathe iPod/iPhone audio system has an MSRP at \$399.99.

Edifier has also introduced the **Luna5 encore**. As an iPod, iPhone, MP3 docking station or when operated in digital FM radio mode, the simplicity of use, design and audio quality of the Luna5 encore make it a must-have for avid music listeners. Raising the expectation level for both design quality and sonic performance, the Luna5 encore immerses the senses, both visually and sonically at an affordable price. The Luna5 encore's understated, elegant design and great sonic performance make it the ideal audio accompaniment for that special dinner party, or rainy Sunday reading the papers and listening to jazz.

Its 5-driver speaker system incorporates unique vibration and resonance control technologies coupled with low frequency porting and mid-range tuned cavities for smoother, cleaner audio. An aux input allows any MP3 player and MP3-enabled cellular phone to be connected and played. One of the biggest challenges in compact music playback systems is low-frequency reproduction, and the Edifier system handles this brilliantly. But perhaps most incredibly of all: at \$299, the Luna5 encore's performance and exceptional esthetic design are available at a fraction of the cost of a much larger system. Both the Breathe and Luna5 encore are available at www.edifier.com and Amazon.com.

The elegant, multi-functional **iSkin aura** for iPad starts where other folios end. Combining modern lightweight materials with a metallic-brush fabric, it gives extended functionality and versatility in a sleek, new and glowing cover that keeps your iPad safe. The Acrobatic Typer aura flips into action by gracefully transforming into a typing stand for iPad

InCharge Duo



Luna5 encore



Breathe



iSkin aura



and featuring a clever privacy shield that also helps to block out glare from surrounding lights. Switch between display and typing mode with care and with ease. \$69.99. www.iskin.com.

For anyone in need of extra power, the **goBAT II** provides an innovative solution to the dreaded 'low battery' warning. The goBAT II is a powerful backup battery and dual port charger for your mobile devices. The internal 5000mAh ion battery will keep your devices going long after they normally would. An iPad can be charged up to 55 percent of full charge. This is the ideal battery for long commutes, airport travel and camping. Put the power back in your hands with the goBAT II universal mobile battery pack. \$79.99 www.scosche.com.

InCharge Duo is a dual charging dock for iPod, iPhone and iPad. With a 2.1 amp rear dock, you can charge your iPad and iPod/iPhone simultaneously or you can charge any combination of iPod or iPhone models. InCharge Duo's compact design fits neatly on a desk or counter top and includes LED status indicators on the unit to show when each device is fully charged. \$59.99. www.xtrememac.com

The **sneakPEEK II** is an audio and video output solution for any iPad, iPhone & iPod that plays video. With the sneakPEEK II you can easily connect your iPad, iPhone or iPod directly to any television or display with RGB (HD) or RCA (SD) inputs. The barrel design features integrated strain relief and 24K gold plated tips for enhanced durability and superior audio protection. Includes micro USB cable that allows you to charge while you play. \$59.99. www.scosche.com.



Five Fabulous Fitness apps

If you take your iPod/iPad everywhere, there are some great exercise and fitness apps to help you train. Check these out:

- **iPump & Fitness Builder (\$9.99)**. Includes thousands of exercises, and you can tailor your workout regimen.
- **MotionTraxx Radio (\$2.99)**. Offers workouts set to dance music.
- **Personal Running Trainer (free)**. Offers training programs for one mile, 5K, 10K, a half-marathon or a full marathon.
- **Tap & Track Calorie, Weight & Exercise Tracker (\$3.99)**. Offers tons of features for people who want to track everything from food calories to exercise.
- **FitnessClass for iPad (free)**. Provides access to streaming exercise videos.