

hooked on tye4

Spring is here and, just when I started craving something new to reinvigorate my practice, I received a call from PhysicalMind President Joan Breibart, who wanted to show me her latest invention, **Tye4**[®]. Not wasting any time, I headed downtown to the PhysicalMind Institute, located in NYC's trendy Soho neighborhood. Joan excitedly pulled out the Tye4, which hooks on like a bra and features bungee bands connected to the core and limbs. This took me back to the first day I saw Pilates apparatus: At first I was confused, but the second Joan strapped the device on me, I could see just how intuitive—and genius—it was.

Joan explained that each bungee has nine pounds of resistance (makes doing the Series of Five even more brutal!), but this weight also acts as a mechanism of support. I was amazed at the Tye4's versatility: Bungees can be positioned in 18 different ways to increase or decrease the resistance. Even cooler is the built-in alignment: The harness, which lies on the shoulders and connects above the breasts, places your shoulder girdle in proper alignment and lifts the breastbone; the foot bands lift your arches; and the hand bands stretch your fingers and promote flexibility.

Within five minutes of donning the Tye4, which weighs in at just five ounces, I'm simulating Reformer exercises on the mat, can do an almost-perfect Teaser and have enviable form on the Wunda Chair—miraculous! Go to themethodpilates.com to check out demos and learn more (\$70 for Tye4 and laminated chart showing variations).

—A.A.



bounce back into shape

Just because you're doing low-impact exercise, doesn't mean that your calorie burn should be low impact, too. Enter **STOTT PILATES[®] Cardio-Tramp Reformer Rebounder**, which adds a heart rate-rewiring cardio and coordination challenge to your Pilates workout. The durable frame and soft landing surface allow for extended use without stressing the joints, providing an intense workout for just about anyone, from post-rehab clients to elite athletes (\$275; stotpilates.com). —Tiffany Ran

