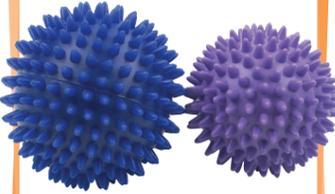
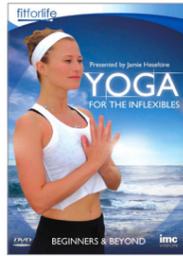
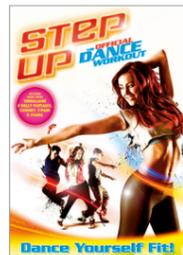
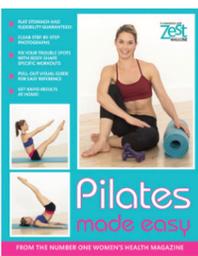


Kickstart your... **at-home gym**

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 <p>THIGH TONER, £10.16, EVERLAST Work that wobble watching TV.</p>	 <p>WATER PURIFIER, £35.74, PURE HYDRATION Makes stream water safe.</p>	 <p>SOLAR DAB RADIO, £81.65, ROBERTS RADIO Sun + music = fun workout.</p>	 <p>YOGA FOR THE INFLEXIBLES, DVD £14.99, HMV The perfect place to start.</p>	 <p>EXERCISE BALL, £25, SWEATY BETTY Your multi-tasking fitness friend.</p>	 <p>ECO YOGA MAT, £44, REEBOK Any room's a yoga studio with this earth-friendly mat.</p>	 <p>SCALES, £79.99, SECA The numbers don't lie on this classic, oversized dial.</p>	
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 <p>CROSS TRAINER, £67.99, V-FIT Displays calories, distance and speed, and has resistance levels.</p>	 <p>REACTION BALL, £5, FITNESS MAD Bounces every which way but up.</p>	 <p>PILATES MADE EASY, £9.99 Our latest how-to guide. Turn to p139 to buy it for only £6.99</p>	 <p>KETTLEBELL, £12.95, REEBOK Get in the swing with strength, cardio and flexibility training.</p>	 <p>OCCO MIRNAVINA SOAP, £18, Cleanse and hydrate skin naturally with essential oil of grapefruit.</p>	 <p>FOAM ROLLER, £34.99, STOTT PILATES Boost your planks and push-ups.</p>	 <p>SHORTS, £52, STELLA MCCARTNEY FOR ADIDAS Spot on for style.</p>	 <p>IRON GIRL, £49.99, POWERBREATHE Improves your lung power.</p>

Compiled by Taylor Anderson See Directory for stockist details