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LONDON CUTS



With gadgets like the Neon Power Ball - who needs the gym!

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Go, go gadget

By Metro
2 February 2005

Who's got time for exercise? Actually, we all do thanks to the ever-shrinking technology of fitness gadgets, which are hitting the market with increasing regularity.

As people on the move, we all venture out from time to time - and converging daily routine with getting fit is the key to these little drill sergeants...

Neon Powerball, £25

While Powerball Spinning is unlikely to make an appearance at the Beijing Olympics, it rivals Beach Volleyball in the fun stakes. Whizzing the gyroscopic gadget up to speed requires a surprising amount of arm and wrist power and there's a built-in speedometer to record the fastest spins (supposedly, 15,000rpm is possible).

Best of all, it glows in cheesy neon colours when rotating. It might not be serious exercise gear but the Powerball is perfect for toughening up limp handshakes and improving wrist muscles for racquet sports. *Tel: 0870 241 1066, www.iwantoneofthose.com*

Tanita Calorie Jump, £14.99

There'll be no more arguments about who's winning your games of Double Dutch with this hi-tech skipping rope. It records each and every skip you take - forward, backward or criss-cross

Today's



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