

# Gadgets

Our monthly roundup of new gadgets

## Interactive Trainer

This Interactive Personal Trainer System from Hammacher Schlemmer is a cable motion based exercise machine which works out every part of your body and makes for a great home gym addition. You'll never have to visit the gym and can work out whenever you want. But not only is it the ultimate home gym, it also provides you with a personal trainer since it can connect to the Internet to download exercise routines from virtual fitness professionals so that you're demonstrating the right exercise form and pace. You can follow along on its conveniently placed 17" LCD monitor. It has a library of 120 movements, with the monitor demonstrating the previous weight



lifted for each exercise so that you can gradually build your workout resistance. The onscreen personal trainer will teach you the correct movements so that your form is always on point. The LCD also has

a touchscreen, making it easy for you to navigate the various exercises, while the integrated computer will also suggest certain exercises based on your fitness goals like muscle tone, strength training and more. It'll also track the number of reps you do and will graph all your workout progress. The machine features 10-20 lbs. leg press increments up to 460 lbs., the unilateral handgrips have 2 1/2- and 5 lbs. increments up to 115 lbs., and the bilateral handgrips have 5- and 10 lbs. increments up to 230 lbs. Everything on the machine is made from durable powder-coated steel and it includes a curl bar, foot harness, abdominal strap, triceps rope, and four fixed and two adjustable handgrips. Price: Rs. 10, 73,360. ■

## Garmin

Garmin has launched its Vivomove HR Analog Digital smartwatch in the Indian market with an in-built wellness feature. The hybrid watch



features a crystal touchscreen with a discreet display. This means the precision hands that show time dynamically move away when users swipe through their messages, heart rate, and other features and then move back to the correct time when you are done. Garmin Vivomove HR monitors heart rate as well. The wellness monitoring tools include all-day stress tracking and relaxation timer that helps

the user manage stress levels. The watch also showcases the steps taken, calories burnt, distance travelled, and heart rate. Users will not need to start or stop their activity timer each time they begin walking. Vivomove HR has is said to last up to five days in smart mode and up to two weeks in watch mode. The smartwatch comes with intelligent features such as smart notifications, weather, find my phone, music control and find my watch. Compatible with iPhone, Android, and Windows, the Vivomove HR can be black and is priced at Rs 15,999. ■