

Trainer-in-the-Box

This digital taskmaster will whip you into shape.

Ever see a cyberchick cop an attitude? You will if you miss an appointment with Maya, ResponDesign's virtual personal trainer. The tanned, pixel-perfect coach is the star of Yourself!Fitness, a PlayStation 2, Xbox, and PC-compatible game that gives every user a customized one-on-one workout (yourselffitness.com). For \$35 you can choose from a variety of aerobics and strength-training exercises, including Pilates, ball, step, and hand weights, and the routines change from session to session. With six environments and nearly 80 soundtracks, you can set yourself up to sweat in a dojo to Wham! songs or whatever else moves you. Maya demonstrates proper form, and after every ten workouts she assesses your progress. She also offers nutritional advice and grocery lists. "Don't give up—you can do it!" she urges. "Now give me eight more crunches." While some might resist taking orders from an animated character, the fat-blasting results far exceed those of normal video games, which exercise, at most, a couple of fingers. —CHEE GATES



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