

# TEST

# WIRED

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TO THE BEST  
PRODUCTS

# 250+ PRODUCTS TESTED AND RATED

## Your Xbox Ticket to Killer Abs

A screen obsession to make you fitter, not fatter.

If your workout consists of leaving the couch to turn on your Xbox and play *Madden NFL 2005* a dozen times until the pizza guy arrives, you might rethink your exercise routine. For starters, try respireDesign's *YourselfFitness* for Xbox. More experienced than game, this title turns you into the peripheral, walking you through crunches and squats onscreen to tone your bod in real life. While you'll need the controller occasionally to navigate menus, you'll mostly be in the capable hands of your polygonal personal trainer, Maya.

She starts by asking you to select health and fitness goals. Then she leads you through reps and sets of routines in aerobics, pilates, strength training, yoga, and guided meditation. She provides step-by-step instruction on a total of 400 unique exercises, from warm-up to power off.

Each day, Maya personalizes your routine based on your progress and commitment level. So if you're worn out from an all-night *Kalo 2* session, she'll kindly slow things down. And don't sweat sacrificing your gaming fund to buy newfangled gym equipment. Maya integrates whatever you already have — just dust off the cowbells from your sand-filled dumbbells.

Since stuffing yourself with McDonald's post-workout won't fly, you use the *YourselfFitness* meal planner for healthy dining. Maya chimes in with nutritional advice and dishes out more than 4,500 recipes, preparation instructions, and even shopping lists. \$35. [www.yourselffitness.com](http://www.yourselffitness.com)

