

REVIEWS

ALL THE GEAR AND EVERY IDEA...
EVERYTHING YOU NEED FOR THE MONTH AHEAD

OM SIGNAL UP & RUNNING KIT

With the advent of the Samsung Galaxy Gear Watch soon likely to be followed by Apple and others' versions, wearable tech is where it's at. And Canadian start-up OM have created T-shirts that are embedded with sensors to gather biometric information all over your top half. Teamed with a card-sized Bluetooth sensor that clips into the top, the shirt will instantly beam information on your heart rate, breathing rate, breathing volume, movement and movement intensity and calories burned to your smartphone. Using the accompanying app, you'll be able to gauge measurements like pushing power and your training zone as well as be alerted to overtraining and share your performances with friends and rivals. Washable and available in long sleeve, short sleeve, sleeveless and vest variations, the shirts can be pre-ordered for summer shipping worldwide.

Price: \$199 Available From: www.omsignal.com



PORSCHE BIKE RANGE

If you're like us, you've always wanted a Porsche but your salary might not stretch to a shiny, new Boxster or 911. Well, you can now experience the same build quality, dynamism and attention to detail on two wheels. Consisting of three models – the Porsche Bike, the RX and the RS – the range is perfectly equipped for your commute through the urban jungle or sprint through the actual jungle in the legendary Porsche style. The hybrid Porsche Bike, with hydraulic Magura MT26 disc brakes and suspension fork is specced like a top-of-the-range race monster. The carbon-framed RS will thrill as you zip through the traffic on the way to work and have you looking forward to hometime for all the right reasons. At the weekend, strap on the stunning black and red RX mountain bike and tear up your local trails as the carbon frame and suspension fork crush the bumps ahead of you.

**Price: Porsche bike £2,500, RX bike £4,500, RS bike £5,500.
Please contact Porsche Centre Leeds on 0113 3890600 or
info@porscheleeds.co.uk for more information.**

PUSH ENERGY PLUS GEL

Push Nutrition was born in 2013 out of a desire to provide athletes with a preservative-free energy source. Founder James Harrington felt the sports nutrition industry lagged behind in ridding itself of nasties like sodium benzoate and potassium sorbate. Both can cause ailments like asthma and rashes and, when you consider an Ironman competitor might get through 15 gels in a race, that's a lot for the body to deal with when it's already dealing with the immense effects of the race itself. So Push Energy Plus was created as the world's first and only water-based preservative free gel. Only fruit juice concentrates and natural flavourings are used to achieve the blackcurrant, passion fruit and cherry varieties. Available from the company website, Push will be hitting the shelves in your local Holland & Barrett, GNC or independent health food shops from July. **Price: From £28.95 (Box of 20) or £5 (Pack of 3) Available from: www.pushnutrition.eu**



BE AN ATHLETE RANGE

Colossus of the fitness industry Phil Learney has been training coaches, members of the public and fellow trainers for 20 years and now he could be dressing them, too. Be An Athlete Clothing is a range of luxury sports and gymwear for men and women. From vests to joggers, hoodies to baseball caps, the stylish gear promises comfort as well as practicality for your workout. Launched by Fearney and co-founder Andrew Xenfi (who enlisted the help of Fearney to lose weight for his wedding), the likes of Louis Smith, Khali Best (EastEnders' Dexter) have been spotted in BAA gear. **Price: Varies across range Available from: www.baaclothing.com**

TONEFONE WEIGHTED IPHONE CASE

Ever thought you could be packing in a bit more exercise throughout the day? Well the answer might literally be at hand. The ToneFone is an iPhone 5/5s case that can increase the weight of your phone up to 1.5kg. So every time you text, ring, Tweet or surf you'll be sneaking in an arm workout as well as strengthening your grip. Made from 100% British steel surrounded by easy-to-grip white rubber (grey and gold models are set for release this month), the ToneFone comes in 1kg or 1.5kg weights. **Price: £22.90 Available from: www.desirablebody.co.uk**



TWIST ESPRESSO PROTEIN DRINK

How often, after a workout, have you felt like a coffee but once you've chugged your protein shake, the thought of anything else to drink isn't appealing? At TWIST, they've come up with the answer by combining the two in an innovative, convenient package. Within the clever pocket-sized bottle with a shaker-style mesh at the top you'll find a shot of real Colombian coffee and 17g of whey protein isolate. Just add water, put the lid back on, shake the bejesus out of it and enjoy. Low in carbs and sugar and vegetarian-friendly, it's delicious, handy and you can stick a couple of spares in your gym bag and they'll sit there happily until you need them. **Price: £11.94 for six, £23.88 for 12 Available from: www.twistdrinks.co.uk**