

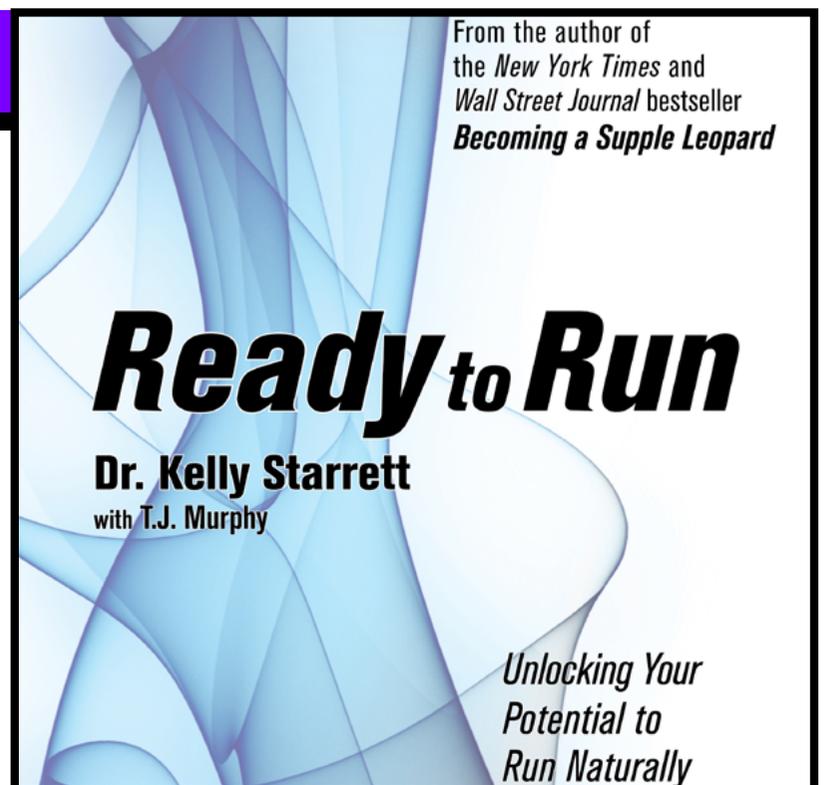
REVIEWS

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

READY TO RUN - DR KELLY STARRETT

Dr Kelly Starrett is a Crossfit legend. He founded Crossfit San Francisco with wife Juliet and watched the center become a huge success. But he's also an expert in physical therapy and human movement. If you've ever Googled a sporting ailment – fix runner's knee – you'll likely have seen a video from his MobilityWOD.com site. Preaching mobility not flexibility, Starrett used his own international sporting experience and his Crossfit clients as observational tools to write *How To Become A Supple Leopard*, his first book. *Ready To Run* focuses on preparing the body for the demands of pounding the pavements. Noting that most people spend their entire day glued to their seats, Starrett has the antidote in the form of 12 'standards'. Among them are "a supple thoracic spine", "hip flexion" and "ankle range of motion". Within each chapter is a test for each standard, which you can then use to gauge your readiness in that area. Starrett asks you to commit to ten minutes of maintenance a day, "no days off". His style is fun and easy to read – who doesn't love a Mr Miyagi reference? – and if you've watched any of his videos, you'll know his enthusiasm for helping people is more than infectious.

Price: £19.99 From: [Bookshops](#), [Amazon.co.uk](#)



MERRELL BARE ACCESS TRAIL

As author of *Ready To Run*, reviewed above, Dr Kelly Starrett will tell you, barefoot is best. He and his family take part in their very own Barefoot Saturday once a week but the rest of the time, he advocates a zero-drop shoe whether you're exercising or just walking around. Merrell's new Bare Access Trail would be an excellent choice, especially as the weather starts to get wetter and the nights draw in. Merrell and Gore-Tex have spent a year developing the materials that have gone into the shoe. That means the Bare Access Trail (or BAT as I've taken to calling it) is breathable and will handle the British autumn's best shots. Comfort-wise, they're first-rate – light and roomy in the forefoot – while the sole had decent grip in damp conditions and was just the right blend of flex and stiffness when required. There's even a clever, odour-killing insole residing within. With all that personality, you might think there's something deficient somewhere, but the looks are up there too – our tester's blue and bright green pair (with reflective bits for night manoeuvres) drew plenty of admiring glances.

Price: £85 From: [Merrell.com](#)

JOGGBOX

Imagine waking up to a knock at the door, sprinting down the stairs to find the postman holding a box of energy gels, protein snacks and a host of other running goodies. That'd be awesome, right? Well, sign up to Joggbox and you could get that every month delivered to your home or place of business. Our box featured Frank Food and Pulsin bars, Push energy gels (which we've featured on these pages before), Elivar Endure energy drink and Clearspring instant miso soup. As well as the munchy stuff, there was a Joggbox iPhone armband, Bodyglide lube for the triathletes among you and a pack of KT Tape. You can suggest items you'd like to see in your box and they'll do their best to include those in your package.

Price: £15 Plus £3 p&p From: joggbox.com



IRON MAN XTREME+



If you read last month's book review of Ben Greenfield's *Beyond Training*, you'll be aware of his philosophy of 'greasing the groove' – preparing his body for action. He sprints to the corner shop rather than walk, he lunges up stairs and has a chin-up bar in the doorway of his office, which he grabs every time he pops out. If your house/flat/studio doesn't allow you that luxury, try the Iron Man Xtreme+, which boasts more hand positions than its predecessor and can be popped up into the doorway before being taken down and stored easily without screwdrivers, drills or scaffolding. Equally at home on the door jamb or on the floor for triceps dips or press-ups the Xtreme+ is a great way to get a functional workout without spending your hard-earned.

Price: £34.99 From: decathlon.co.uk

LONSDALE X-LITE BAG GLOVES

If you're a regular boxer or MMAist, you'll appreciate a pair of gloves that last. Pounding the pads and the bags can pretty quickly knock the stuffing out of a pricey pair of mitts, but Lonsdale's bag gloves, part of their new X-Lite range, are built to take whatever you can throw at them. Surprisingly light, the fist has shaped zones on the contact areas that are denser than your usual glove, making them very robust on the outside. On the inside, the hand is taken care of, with moisture-control mesh areas to cool and Lonsdale's trusted padding for the bits that matter, "K&O" as Max & Paddy might say. As well as your hands, you can get everything covered and protected with the range – there's an X-Lite head guard and shin and foot pads made from the same state-of-the-art materials. Kiss kiss bang bang.

Price: £34.99 From: lonsdale.com



DR ZAK'S COCONUT OIL



Google 'things to do with coconut oil' and you'll wonder how we ever survived before coconuts were invented. Whassat? They've always been around... oh. Anyway, coconut oil is the new super food/ingredient. The medium chain triglycerides within would have been dismissed as saturated fat in days gone by, but current wisdom says they're an awesome energy source that act like rocket fuel for your brain and metabolism. As with all of Dr Zak's products (www.dr-zaks.com), the packaging is clearly aimed at the fitness market. The coconut oil itself is an acquired texture, but its high smoking point makes it a healthy alternative to vegetable oils for frying and baking. In summary: there is almost nothing coconut oil can't do, so hop on board. Dr Zak's also have a line of low-carb high-protein bread and pasta (which we'll review next issue) and a range of protein bagels and flatbreads for release later this year.

Price: £6.50 From: dr-zaks.com/@DrZaks/drzaksLtd