







As Seen on TV

...review and ratings on equipment

We tested out a few of the popular items features in fitness infomercials and sold in stores. If ANY piece of equipment inspires or motivates you to move more, I'm all for it! Make sure you're getting good value for your time and money spent though and avoid acquiring yet things to hang your laundry!

We rated the products from 1-5 water bottles with 1 being a low rating and 5 being the highest.

<p>Ab Rocket</p> 		<p>Price: \$99 Features:</p> <ul style="list-style-type: none"> • 3 options for resistance don't feel much even on the highest one • doesn't hurt, but not sure it helps! <p>To buy or not to buy? It's a lot of money for one body part when you can learn how to work your abs properly for free!</p>
<p>Ab Circle Pro</p> 		<p>Price: \$199 Features:</p> <ul style="list-style-type: none"> • works okay and safe • you're NOT going to lose inches JUST by doing abs <p>To buy or not to buy? Again, it's a lot of money for one body part when you can learn how to work your abs properly for free!</p>
<p>Hoopnotica</p> 		<p>Price: \$39</p> <ul style="list-style-type: none"> • safe and can be fun • portable as it breaks down into pieces and comes with a carrier <p>To buy or not to buy? It, it can be a fun option for moderate activity that can be done to your own music or watching TV.</p>
<p>Shake Weight</p> 		<p>Price \$19.95</p> <ul style="list-style-type: none"> • One of the fastest sellers in stores at the moment • Based on the theory of activating muscle by stabilizing against the momentum and vibration <p>To buy or not to buy? Don't see the value – even at this relatively low price point!</p>
<p>The Perfect</p> 		<p>Price: \$120</p> <ul style="list-style-type: none"> • concept is to keep you in better alignment but it ends up feeling MORE awkward • expensive for a movement you can do more effectively for free <p>To buy or not to buy? I would Absolutely give this one a miss!</p>

NONE of these products work on their own to flatten your abs or give you that perfect body you've always dreamed of. Yes, they come with guarantees, but read the fine print. Results are NOT typical and only come when combined with diet along with cardio and resistance training.

Stay tuned for more rating on Fitness DVD programs coming soon!