

Training Camp for a healthy lifestyle

Training Camp, the sporting goods store, which has been under new management since September last year, is promoting at-home fitness.

"We try to cater to every stage of fitness," said Kimberly Roper, manager of the store, emphasising that their thrust is to appeal to persons who are interested in having a healthy lifestyle.

Along the theme of at-home fitness, one of their newest items is the Proform Tour De France stationary bicycle. The stationary bike is the official training bike for Le Tour de France cycling competition and can simulate a variety of real trails. According to ProForm's website, the machine is equipped with what's known as iFit Live Technology Powered by Google Maps. Users can choose from any of the 24 pre-mapped courses or create their own. The cycle also allows for a 20 per cent incline or decline and will adjust automatically based on your settings, among other features. For those who are more water inclined, Roper pointed out two items from Speedo - the Aqua Fitness Jog Belt and Aquatic Fitness barbells. Both items are made from a foam-like material, so once they are immersed in water, they absorb the water and become heavy, providing resistance for pool exercises. Those who have a love for dance can incorporate dance in their exercise routine with the ever popular Zumba. Roper said they offer the Zumba Exhilarate, a seven DVD box set which comes with toning sticks. It's a rigorous programme, according to Roper, for the Zumba enthusiast who wants a challenge at home. The store offers equipment for racket sports, dance and other general gym equipment. Training Camp is located at Shop 10, Upper Manor Park Plaza, St Andrew.