

# ESSENTIAL TECH

Fit tech from top to toe. Time to plug in and switch on

## JAM True Wireless Athlete Audio Earbuds

£49.99 / [uk.jamaudio.com](http://uk.jamaudio.com) / Tester **Caroline**

I highly recommend these earbuds; they're simple to use, affordable and secure. They look more expensive than the reasonable price tag suggests and the sound quality is great. You get six hours of battery life on a full charge, or up to 30+ hours if you store them in the recharging case. I loved the over-ear hook because I didn't have to wear a headband to keep the earbuds from falling out. It was easy to pair them with my phone and I even took a few calls successfully while on the run. Yes, there are higher-end earphones on the market, but these are a great go-to pair for everyday use.



## BOWFLEX

SelectTech  
2080 Barbell with  
Curl Bar 36kg

£599.99 / [bowflex.com](http://bowflex.com) / Tester **Sarah**

This is a good investment if you're after a home gym that doesn't use up half a room or feel bulky in a garage. The barbell and curling bar sit within a sturdy docking station where you can quickly click a dial to select the weight needed. Weights range from 9kg to 36kg and you can change weights easily which is ideal for a class where you're always taking plates on and off. The curling bar gives a great range of exercise options too, and full video tutorials are available for new users. It's a tough bit of kit, looks great and saves lots of space. And it's definitely encouraged me to be much more focused on my strength training every week, for the first time since lockdown began.



## MYZONE MZ-Switch

£139.99 / [myzone.org](http://myzone.org) / Tester **Kate**

The perfect bit of kit if you've ever wanted to delve into heart rate training but weren't sure where to start. MZ-Switch does all the complicated calculations for you so all you have to do is enter a few details into the app, strap it on and start running. A coloured light on the face lets you know what heart rate zone you're in – so no more mid-run number-crunching – while the app records in-depth details that you can study afterwards. It pairs with everything from iWatch to Garmin and provides an incredibly accurate reading. It can be worn on pretty much any body part with a pulse thanks to a brand new pop-out design which fixes to a wrist strap, chest strap, or MyZone sports bra (available to buy separately). I love that it adjusts to suit your current fitness level – no judgement here when it comes to post-lockdown exercise – and it provides easy-to-use colour-coded guidance to running more efficiently regardless of your running level.



## RIIXO Iceball

£19.98 / [riixo.com](http://riixo.com) / Tester **Claire**

I LOVE this ice ball. It's a super convenient way to combine ice with self-massage and is a fantastic way to aid recovery whether you're on the go or at your desk. Combining the benefits of cryotherapy and traditional targeted massage, the ball has a liquid core which can be frozen and holds its chill for up to six hours. The fact it stays cold for so long makes it the perfect kit to pack in your bag for use straight after competing. It's been hugely beneficial to me with easing tight muscles and reducing the dreaded DOMS.

