

GOTTA HAVE IT



No excuses. Here is all you need to up your fitness quotient and jump-start your year.

1 TAKE IT SITTING DOWN The Lamar Advantage 4450 Recumbent Elliptical provides low-impact, full-body exercise; \$3,499 at Fitness Lifestyles (732-775-1630; fitnesslifestyles.com). **2 WEIGHTY ISSUES** Beyond a single whole-body number, the Tanita Ironman BC558 body-fat scale audits the muscle, water, and fat composition of your core, plus each arm and leg; \$300 at tanita.com. **3 BOXING GLOVES** Lightweight leather, mixed martial arts, heavy-bag gloves are made with thick foam padding for hand protection; \$45 at Fitness Lifestyles (732-775-1630; fitnesslifestyles.com). **4 BELL OF THE BALL** Kettlebell workouts increase flexibility and develop total-body strength and endurance; \$70 to \$115 each at performbetter.com. **5 BAND TOGETHER** Fitness guru Juan Carlos Santana's JC Bands can be used separately or together to control resistance; \$50 at performbetter.com.



PHOTOS: BOXING GLOVES AND CARDIO MACHINE—ANDY FOSTER; REMAINING PHOTOS COURTESY OF THEIR MANUFACTURERS