



The Best of Fitness Awards

Your get-going, get-fit guide

2007

*Produced by Ginny Temple
Photograph by David Martinez*

Equipment Elliptical Trainer

over \$1,500

Octane Fitness' Q37e (\$2,699). Ergonomically designed handles challenge your muscles in all the right ways. The rigorous upper-body-resistance program and two lower-body programs give you a great all-over workout. A special feature disables buttons so kids can't hurt themselves.

