



# YOU GOTTA TRY THIS

## Stretch Bands



*Stretch-band users showed significant gains in strength and upper body power.*

*After only twelve weeks, those who participated in this study saw great results.*



Dr. William Kraemer, an exercise physiologist at the University of Connecticut, says that you don't need to lift weights or do push-ups to get stronger muscles. Instead do 15 minutes of resistance training using stretch bands.

Thirty-five women participated in his study, exercising 40 minutes three times a week. Some did step aerobics, others did 25 minutes of step and 15 minutes of resistance training with the stretch bands.

After 12 weeks, both groups were equally fit. But the surprise? Only the stretch-band users showed significant gains in strength and upper body power.

Hmmm. Wonder what sport requires strength and upper body power for successful execution of serves, forehands, backhands and overheads?

**Buy this if:** <<

You hate lifting weights but could use a more powerful serve.

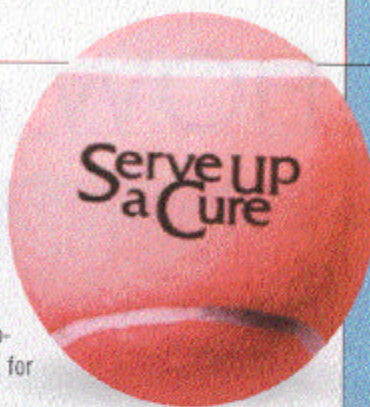
**Don't buy this if:** >>

You've ever won a Mr. Universe title or are constantly being mistaken for Hercules.

Get your stretch band and upper body power from [jumpstretch.com](http://jumpstretch.com)



Think pink! It's the color this season . . . cropping up everywhere. . . even on tennis balls. This limited edition is a key part of the "Serve Up a Cure, Take Up Tennis, Take On Breast Cancer" promotion designed to raise money for breast cancer research.



The pink Penn tennis balls come three to a can along with a commemorative pink lapel pin and a sticker. They sell for \$10 and the majority of the money goes to research.

**Buy this if:** you want to be in vogue, are a philanthropist or know pastels are easy on the eye.

**Don't buy this if:** you have already given thousands of \$\$\$ to research OR if you think no one you know will ever be touched by cancer.

[www.TennisExpress.com](http://www.TennisExpress.com) or 718.781.4848

## The Tingler

At first glance, this 8-pronged unit looks like something from a Frankenstein movie designed to animate the brain of some monster. But, actually, this gadget reaches far beyond the brain to chase away monsters lodged all over your mind and body.

**>>** A copper conduit of healing energy. Softly massages acupressure points and sensitive nerve endings causing a heightened, blissful activation of the senses, awakening your brain while relaxing your whole being.

You need this to keep mentally loose between matches! Take this to a tournament and you'll be a winner regardless of whether or not you beat anyone on the court. It's an instant friend magnet. No one can resist it.

**Buy this if:** you want the most divine, goose-bumpy, hypnotic, healing, HEAD MASSAGER ever made (for \$19.95). [www.drugstore.com](http://www.drugstore.com)

**Don't buy this if:** couch slumping is your highest cardio activity for the week OR if anyone has ever gasped and checked your vital signs when you weren't in ICU.