

# What's New

THE LATEST PRODUCTS AND SERVICES FROM INDUSTRY SUPPLIERS



## Dr. Smoothie

Dr. Smoothie Organic Smoothie blends come in six popular industry favourites: Carrot-Apple, Mango, Pineapple, Raz-Berry Blend, Strawberry, Strawberry Banana, and they meet the U.S. FDA 100% fruit standards providing five servings of fruit in every 20 oz. beverage. Dr. Smoothie's Organic Smoothies contain only fruits and vegetables that are free of pesticides and herbicides, and there are no artificial colours, sweeteners or preservatives. For more information, call Ron Garrett, marketing director, at 714-449-9787 x 133 or visit [www.drsmoothiebrands.com](http://www.drsmoothiebrands.com).



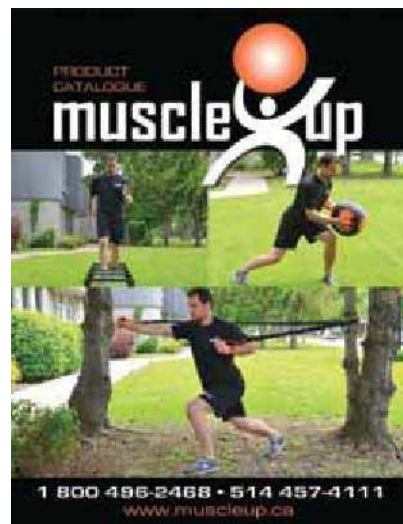
## Total Gym

Total Gym PRO is a web-based application designed for trainers to learn new workouts and then sync them to their mobile devices for quick on-the-go instruction or to use for a class or session. All workouts, once synced, can be accessed on demand without internet service. Fitness professionals can register for a free 14-day trial by visiting [www.pro.totalgym.com/#register](http://www.pro.totalgym.com/#register). For more information, visit [www.totalgym.com](http://www.totalgym.com) or call 800-541-4900.



## HumanX by Harbinger

Designed specifically to fit women's hands and made with exclusive SpiderGrip™ real leather, the Women's X3 Competition Open Finger WristWrap Gloves from HumanX by Harbinger offer maximum grip on all surfaces. HumanX's proprietary multi-function WristWrap also offers tight-to-loose tensioning for strong wrist support and stabilization or for a looser greater range of motion fit. The signature seamless palm means no interference with hand position, while the engineered 3D design offers natural grip for better fit and reduced hand fatigue. For more information, visit [www.harbingerfitness.com](http://www.harbingerfitness.com).



## Muscle Up

The new Muscle Up Product Catalogue includes 600+ pieces of exercise equipment and accessories for fitness clubs, yoga studios, personal trainers, CrossFit fans and exercise enthusiasts. Some of the new items include: an Anchoring Sled with attachments for eight or more battle ropes; an Anchor System that attaches to any wall for use with bands, tubes, suspension trainers and battle ropes; and a Hurdle Ladder with hurdles that can also lie flat on the ground. For more information, visit [www.muscleup.ca](http://www.muscleup.ca).

## Kids Making Healthy Choices

The Kids Making Healthy Choices iPhone and iPad app is based on and includes the award-winning illustrated children's book *Making Healthy Choices – A Story to Inspire Fit, Weight-Wise Kids*. The app, which is intended to foster kids' health and impede the childhood obesity epidemic, is for both children (book in e-reader format) as well as parents/caregivers/educators who benefit from additional tools and information resources. Not just for overweight children, this app promotes tolerance amongst peers to lessen the incidence of bullying while promoting healthy living. Available through iTunes. For more information, visit [www.KidsMakingHealthyChoices.com](http://www.KidsMakingHealthyChoices.com).

