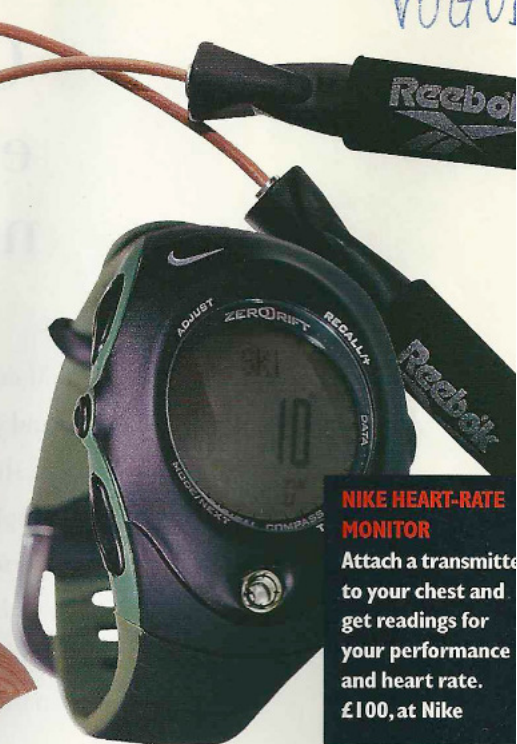


**THE PHYSIO BALL**

A huge inflatable ball on which you can roll and do press-ups and stretches. It firms buttocks, thighs and abs, and improves posture. £96, at Body FX

THE SPEED ROPE

For serious cardiovascular exercise. It easily tucks into your handbag. £9.99, by Reebok

**NIKE HEART-RATE MONITOR**

Attach a transmitter to your chest and get readings for your performance and heart rate. £100, at Nike

HEALTH ACCESSORIES

body work

Equipment that exercises the body and revives the spirit is the future of fitness. By Annabelle Hood

Nowadays, we want inner peace as much as muscle tone. Along with a tracksuit and trainers, the savvy fitness fanatic will want her own pair of gravity boots and a heart-rate monitor – as well as such esoteric accessories as a Zen Chi Massager or a Tibetan Singing Bowl – to help her to re-balance after a tough day. Increasing numbers of health clubs around the country are catering to a demand for both inner and outer work. This equipment is likely to become part of your new Zen lifestyle.

**2LB HAND WEIGHTS**

Ingeniously designed to strap onto your fists. Forget dumbbells, these are strictly for switched-on women. £22, at King's Road Sporting Club

**PURE-QUARTZ SINGING BOWL**

Swirl the baton around the rim to produce a healing and soothing sound. £125, at Spectrum

**THE ZEN CHI MASSAGER**

An amazing device used in the East to stimulate the flow of vital "chi" (energy) around the body. £169, at Zen Lifestyles

**THE EAGLE-CATCHER**

Strengthen hands by inserting your fingers into the loopholes and clenching. £16.99, at Body FX

**YOGA/PILATES MAT AND FOAM BLOCKS**

These ultra-thick mats have a double-sided, non-slip surface. The foam blocks can help with shoulder stands and balance. Mats, £30. Foam blocks, £9.75. Both at Triyoga

**GRAVITY BOOTS**

Strap yourself in the ski boot-like fittings and hang upside down from a chinning bar to improve circulation and lengthen the spine. £120, at Body Active

For stockists, see Vogue Information