

GEAR

You're no bear. So move it.

No need to hibernate this time of year. Here's some fun, innovative gear to help you get out, get moving and stay fit.



SkiByk

RIDING HIGH

The ski bike has been around for decades, but never for under \$1,000. Enter the economical, aluminum-framed SkiByk SB100, which mates dual-suspension mountain-bike components with two 99-centimeter (38 inch) skis. Easy to learn (one or two runs on the bunny slope and you're good), they're now legal at many resorts, including Mountain High in Wrightwood. \$989, skiby.com



Micro Kickboard

SNOW SCOOTING

Think Razor scooter with a snowboard on the bottom instead of wheels. Designed for terrain parks, the Black Ice Snowpark Scooter can handle half pipes, rails, boxes and kickers. \$639, microkickboard.com



TecTecTec

HOW FAR IS IT?

TecTecTec's new ULT-X, its most advanced golf laser rangefinder, accurately measures distances up to an amazing 600 yards — precise within one yard. It also lets you know when you've locked on to the target and is approved for tournament play (because you can disengage the slope function used to calculate elevation-adjusted distances). Less than half a pound, it features three scanning modes for measuring distances. \$249, us.tectectec.com



Kammock

WARMTH ON THE GO

Is it a blanket, a jacket, a hammock warmer or a sleeping bag? The Kammock Bobcat trail quilt, just 19 ounces, can be cinched around your feet and/or legs with an elastic draw cord and has snaps that convert it into a light sleeping bag. \$199, kammock.com



Fluid Running

POOL RUNNING AT HOME

Personal trainer Jennifer Conroyd, founder of a popular deep-water running class, has built an app that guides you through pool workouts that allow you to burn calories while saving your knees from wear and tear. The package includes the three-workout app, a flotation belt, elastic tether and Bluetooth headset. Online instructional videos teach correct pool-running form. \$159, fluidrunning.com

SNUG SNOWSHOES

The Tubbs Panoramic makes fit, always an issue with snowshoes, easy and precise with its new, exclusive Boa Closure System. Just reach down and spin a dial that tightens a web around your foot instantly. \$249.95, tubbsnowshoes.com

PITCHING COACH IN YOUR HAND

This regulation-size, full-grain leather baseball has a brain inside. Paired to its PitchTracker app via Bluetooth, it measures metrics like velocity, spin rate, extension, time-to-the-plate and timing delivery, and allows video capture so you can check correlation between form and results. \$99 plus \$9.99 a month subscription, diamondkinetics.com



ADAM MILLIRON



Tubbs



Bowflex

PERSONALIZED STEPPER

Still determined to stay indoors? OK then, this one is for you: When you download its app, Bowflex Max Trainer builds a unique workout program for you through an initial fitness assessment and analysis of data from your previous workouts. And it keeps changing as you get fitter. The M6 model is \$1,699, and the M8 starts at \$2,299. Workout subscription is \$149 a year. bowflex.com



GoTenna

STAY IN TOUCH WAY OUT THERE

Do you like to ski, bike, kayak or hike off the grid? The waterproof and rustproof GoTenna Mesh, clipped onto your clothing, keeps you connected with the world even without any cell service or Wi-Fi. \$179, gotenna.com

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Publication Date: 01/26/2019

If you want assistance, this clothing will help you out

BY KAVITA DASWANI

The current crop of fitness-based clothing and footwear includes T-shirts that improve your posture, pants that regulate body temperature and sneakers that can be worn to a business meeting. And one Los Angeles company is making sure that nobody is excluded by offering extended sizes.

Looking for pieces to kick off your 2019 workout routine? Here are some intriguing athleisure-ware picks that can take you from work to the gym, or the gym to happy hour:

Posture, posture

Pieces from Santa Ana-based AlignMed have "tension panels" that help correct posture and protect joints. Company founder Bill Schultz came up with the idea after using posture taping for his own neck and back pain and realizing there was a need for garments that discreetly served the same function. The brand's T-shirts, leggings and sports bras are constructed using a series of bands, panels and seams to reduce strain on the body, improve muscle tone — and, yes, to help the wearer sit up straight. "If you



ROBERT ZALESKI AlignMed

slouch, the body slows itself down," Schultz said, and that contributes to weight gain and fat storage. The clothing is designed for use during working out, but is also stylish enough for daily errands and traveling. \$95 to \$195, alignmed.com

Screen the sun

The first product launched by Los Angeles-brand Sundriven was lightweight women's gloves, created by company founder Mitzi-Jo Runyan to help counteract signs of



Sundriven

aging by what she describes as "unintentional sunbathing" (driving, playing golf, walking the dog ...). The success of the gloves led to a full line of women's athleisurewear meant to protect from the sun, with fabric that absorbs moisture from the body and releases it into the atmosphere. "We wanted to create a wardrobe that could transition through different aspects of life, from a yoga class to lunch, while keeping the skin cool and dry," Runyan said. A line for men and children is in the works. \$48 and up, sundriven.com



Year of Ours

Loosen up

The lace-up waist in the Hockey Leggings from Los Angeles brand Year of Ours is designed for flexibility, which comes in handy for pregnancy, fluctuating waistlines or simply to allow for a heavier-than-usual meal. Inclusively, many pieces go from extra small to size 2XL, including Football Leggings, made from athletic jersey, and ribbed bralettes. Chic enough to wear to brunch or a casual happy hour. Hockey Leggings are \$107, yearofours.com



Cole Haan

Dressy sneaks

Not a fan of the suit-with-trainers look? Cole Haan's new Men's 3.Zero Grand Wingtip Oxford is for the walk/bike/Bird-to-work set, or perhaps those with a walking/standing desk who would rather ditch the sneakers for a sleeker look. The shoe resembles a formal Oxford in a rich cognac leather. But the sole has traction pods for movement and comfort and plenty of padded support for those who need to be on their feet all day. \$400, colehaan.com