

# The Home Workout Equipment You Need For Isolation

26 MARCH 2020 BY HOLLY OVERTON

Time spent on board your superyacht shouldn't mean relinquishing your commitment to health and fitness, but there is no denying that buying exercise equipment for use at sea can be a little more complicated. Make sure you stay in top condition wherever you are with our guide to the best high-tech gym equipment for your [superyacht gym](#).

## Technogym Skillbike



Developed in collaboration with athletes, trainers and academic researchers, the Skillbike is the first stationary bike with a real mechanical gear shift and the ability to incline and decline from -3 per cent up to +15 per cent. As a result, you can challenge yourself to some of the toughest hill climbs imaginable – you can even download famous routes via Strava – using real road cycling skills while benefiting from continual pedal-stroke analysis to enhance your technique.

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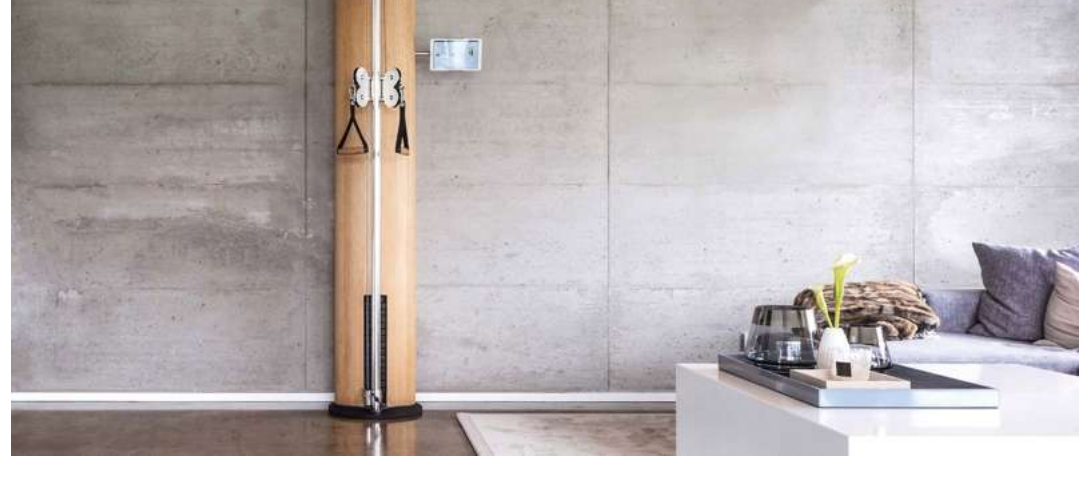
## GM Custom Classic Dumbbells



With a mission to create the "most beautiful free-weights in the world", Gym Marine's classic dumbbells are a cut above the rest. Perfect for workouts at sea, the weights are made from marine grade stainless steel with stylish wooden handles made from either oak or walnut, with more exotic choices like ebony or mahogany available too. Bespoke end plates are designed at no extra cost and the weights range from 2kg to 50kg.

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## NOHrD SlimBeam

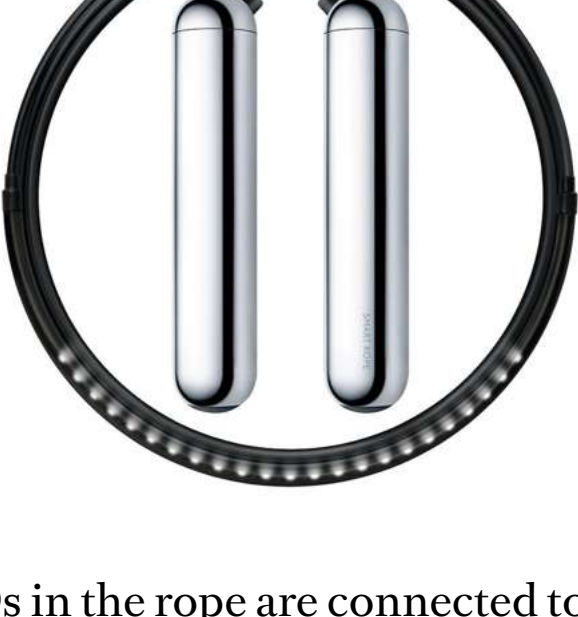


Space-saving and stylish, the SlimBeam cable station is a multifunctional exercise machine offering a maximal workout in a minimal space. Measuring just 215cm high and 40cm wide, it's ideal for gyms with limited space. The SlimBeam features a swivelling butterfly system allowing you to work on both sides of your body, and can be set at any height. Inside, 14 rubberised 5kg weight plates sit discreetly in the wood body encasement. The SlimBeam comes in a variety of materials and colours.

*NOHrD SlimBeam, £1,499.00*

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## Tangram smart rope



The 23 LEDs in the rope are connected to magnetic sensors so your fitness data is displayed in mid-air as you jump. Much like in an animated film, the LEDs fire at different times as the Smart Rope rotates, cleverly creating the appearance of a single display floating in front of you. Stats shown include jump count, calories burned, interval training data and more. Two sets of ball bearings in each handle ensure smooth, natural motion. As one of the top 10 cardio exercises, skipping is serious exercise and can burn up to 1,300 calories per hour, improve balance and tone muscles.

*Smart Rope, £80*

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## Powerbeats Pro True Wireless Sport Headphones



With no wires to hold you back, meet Beats' latest sport earphones. Key features include customisable ear hooks for extended comfort and stability, while the design is reinforced for sweat and water residence for intense cardio blasts. Each earbud has full volume control with up to nine hours of listening time, and if you're low on battery, the Fast Fuel feature gives you 1.5 hours of power from a 5-minute charge. Motion sensors detect when they're idle and put them in sleep mode, and the music resumes automatically when you pop them back in your ears.

*Powerbeats Pro True Wireless Sport Headphones, £219*

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## Fuoripista exercise bike



Fitness equipment need not be utilitarian and ugly. To prove this point, one of the most stylish exercise bikes available is the Fuoripista by Italy's Adriano Design. Crafted from tempered glass and expertly turned wood with accents of chrome, the bike is not to be hidden in an onboard gym but is an object of desire in its own right. The classic leather Brooks saddle ensures your stationary ride is a comfortable one, while the iPad integration allows you to tackle some of the most spectacular virtual cycling routes in the world, displayed on the tablet that can be mounted on the front of the bike.

*Fuoripista exercise bike, POA*

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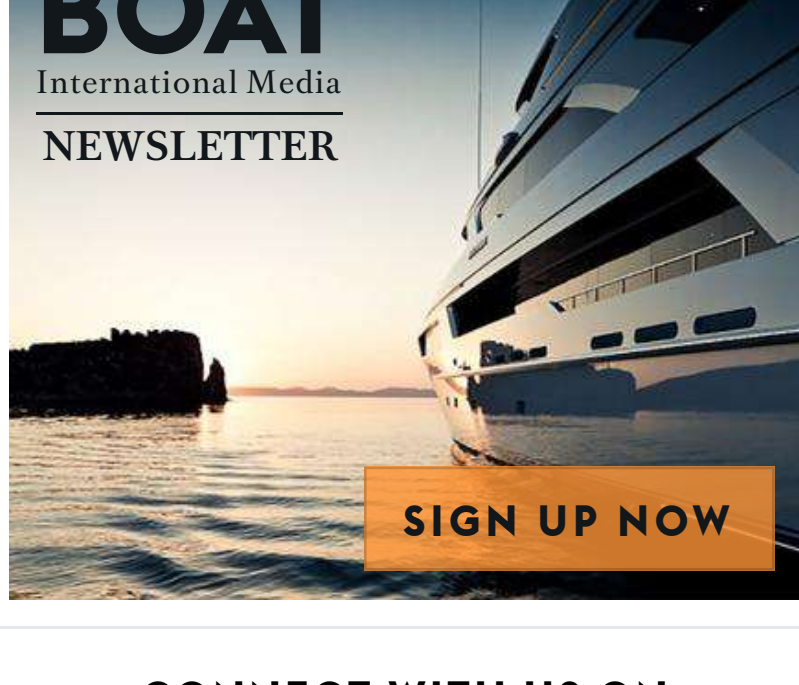


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