

8 ESSENTIAL STRENGTH TRAINING EXERCISES

TRIAHATLON



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THE GREAT INDOORS

As daylight dwindles and temperatures plummet, keeping up with consistent training gets tougher and tougher. But you shouldn't have to sacrifice a season of fitness to finicky weather. Instead, take your ride inside with these top-notch bike and swim trainers.

—MELAINA JUNTTI



↑ **CycleOps Power SuperMagneto Pro, \$400**
CycleOps Power impresses once again with its latest rollout of indoor bike trainers, and we're especially keen on the new SuperMagneto Pro. Unlike most magnetic units, which use linear resistance curves, the cutting-edge SuperMagneto Pro offers four distinctive progressive resistance curves (easy, flat, interval and mountain) that let you customize each workout to desired intensity. Mounted on CycleOps' new, super-sturdy Pro Series frame, the Magneto Pro stays put as you pedal, and its single-side adjustment foot easily levels the unit to any surface. saris.com

BRAD KAMINSKI