

THE POWER OF SILENCE

Work up a sweat without disturbing others on this whisper-quiet cross-trainer

– or in the same room working, eating or relaxing – without disturbing a soul.

Sleek and stylish, the compact design comes with a sturdy media device holder and a seven-inch colour display to keep track of your heart rate, burn rate and other vital statistics. Lower down, you'll find generously sized footplates to accommodate larger feet, along with four-grip handlebars up top so your upper-body can get in on the action, too. Happily, the action of peddling, pushing and pulling on the Max Trainer SEi is seriously smooth, and members of my household – ranging from 5'3" to 6'3" – can attest to it being very comfortable to use.

With 16 levels of resistance, it's easy to work up a sweat while listening to music or watching shows on your tablet or mobile. But the real fun starts with the two-month, free trial membership of the JRNY fitness app (£19.99 per month thereafter). With personalised trainer-led workouts and virtual coaching – including motion-tracked strength training sessions – there are hundreds of stunning Explore the World routes that work with the Terrain Control Technology feature to auto-adjust your resistance and make your climbs feel real. A truly motivating machine, I love that it allows me to exercise at a time that suits me, without fear of being a nuisance. 🏠



Exercising at home is easy when you live alone, but it's a whole different ball game when you share a home with others. My beloved at-home HIIT and dance workouts came to a grinding halt when I moved in with my boyfriend and his family five years ago, and once I discovered that the constant



thudding of my rebounder reverberated around the house, I became too self-conscious to use it. Since then, I've taken my cardio workouts outside, but I can struggle to

fit them in when there are fewer daylight hours or the weather is bad. It also doesn't help that I'm a night owl: when my fella is getting ready for bed at 9pm, I'm just hitting my stride! Which explains why the new low-noise BowFlex Max Trainer SEi (£1,699, [fitness-superstore.com](https://www.fitness-superstore.com)) has been a game-changer.

The BowFlex is a cross between an elliptical and a stepper that's been specially designed to provide whisper-quiet functionality. In fact, it's so quiet, you can enjoy a variety of full-body, low-impact, high-intensity workouts while the entire household is sleeping