

PRODUCT REVIEW

ZOGGS PREDATOR FLEX

These goggles come equipped with anti-fog lenses, a quick-adjust strap mechanism and curved lens technology which offers up to 180° undistorted peripheral vision.

The Flex is the best-selling out of Zoggs' range of goggles and provides protection for those training for triathlons or who swim as part of their health and fitness regime.

"These are a really good pair of goggles and the lenses are quite dark, which I like. I think they would be particularly good for open water swimmers, to keep the sunlight out," said **Eric Duigan**.

"Sunlight getting in the eyes of a swimmer is often a serious problem and the lenses did a good job of keeping any glare out of my eyes. I found them comfortable, even when I was wearing them for a long time and they look good, so I'd definitely recommend them."

The Predator Flex costs £22.99.

For more information visit shop.zoggs.com



ERIC DUIGAN



Eric is a swimming coach with a private swim school, Red Top Swim, who coach adult swimmers and triathletes.

CRAIG O'TOOLE



Craig runs a successful PT company in London, training everybody from boxers to endurance athletes. His areas of expertise are core stability, posture, sports-specific training and kettlebells.

JUNGLE GYM XT

The Jungle Gym XT is very different from traditional suspension bodyweight trainers. It features a split design, which allows users to easily adjust the forces on the body by changing the width of the system. From V-shaped suspension, neutral suspension and now wide-angle suspension, the product offers new features and versatility unlike anything the category has seen before.

"The first thing that strikes you about the Jungle Gym is the high quality look and feel; it immediately seems like a piece of kit that will take years of punishment," says **Craig O'Toole**, who tried out the kit. "The handles are chunky and have a nice sticky feel to them, allowing for a great grip. The major advantage to this over other suspension trainers is the ability to alter the anchor widths,

as each strap is suspended independently, which really changes the feel of each exercise.

"The ability to train whole-body tension in both pulling and pushing movements is one of the major advantages of suspension training. I love the fact that you can hang it from a pull-up bar, over a door or use the extra link over a tree branch. This versatility is excellent for trainers who find themselves in different environments. The Jungle Gym provides all the advantages of other systems with none of the drawbacks – it's the best system I have seen."

The Jungle Gym XT is priced at £84.95.

For more information visit exf-fitness.com

