

CROSS-TRAINING SPECIAL: OBSTACLE RACING, CROSSFIT & MORE

LAVA

JUNE 2014

THE ELECTRONIC SHIFT

BMX & X GAMES LEGEND DAVE MIRRA

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SERIOUS TRIATHLON®

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DAVE
MIRRA:

*The king of BMX
takes on tri*



JUNE 2014

\$6.95

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FRESH FIXES:

Keep your legs, butt and gut happy and healthy this season with one of these four new products.

1.



2.



3.



4.



1 TP Therapy Cold Roller, \$100

One of the first brands to make rollers for myofascial release debuts the Cold Roller. Stored in the freezer, the stainless steel roller operates like a standard roller for self-massage, with the cold metal drum providing targeted cold compression to speed recovery and prevent injury. Tptherapy.com

2 MarcPro Muscle Conditioning Device, \$650

MarcPro electrical muscle stimulation unit uses dynamic decaying waveform, changing and reducing the electrical signal and pulse duration over the course of a session to relax the muscle, speeding muscle recovery and reducing post-exercise soreness. Marcpro.com

3 Selle Italia Iron Tekno Flow, \$499

The Italian-made Iron features a firm-padded, split nose leather cover (with a rubberized channel cover). It's built with a pure carbon fiber shell on 9-mm long carbon rails, and has an aft section that Selle Italia says reduces trailing aero eddies. Also available in a titanium-rail version. Selleitalia.com

4 Nuun Energy, \$6.50/tube

Nuun adds to its low-calorie line of electrolyte tablets with its new Energy line, adding B-Vitamins (which help convert food into energy) and caffeine for an extra kick of mental acuity. Nuun.com