

// NEW YEAR/NEW YOU—START THE YEAR FIT //

Oxygen

TRAIN SMART. EAT RIGHT. BE STRONG.

WE HAVE A WINNER!

Meet OC4
Cover Girl

KAYLA SANDERS

GET A PRIMAL PUMP

Unleash
Your Inner
Beast

Kick-Start Your 2019 Nutrition

DITCH THE GYM, SAVE SOME DOUGH

THE ONE-DUMBBELL WORKOUT



Mobilize
Your
Midback

Eat to
Beat
Soreness

JAN/FEB 2019 \$5.99 US \$6.99 CAN



Please display until 2/26/19

ALL YOU NEED IS A FEW PIECES OF EQUIPMENT AND SOME FLOOR SPACE TO CREATE A QUALITY HOME GYM.

home healing

Whether your significant other won't do you the favor or you can't spring for a weekly professional rubdown, massaging your muscles can accelerate recovery and promote relaxation. Here are some at-home DIY options that are good for your bod — and your wallet.

► **PROcure Epsom Salt Rub**

No time for a bath? Use this concentrated spot-treatment gel formulated with aloe vera and essential oils to soothe tension, aches and pains and improve recovery where it hurts most — without a bath.



► Walmart, Walgreens and Amazon, \$8

► **Hypervolt**

Woman, massage thyself with this lightweight vibration device. With four attachments and three speeds, this cordless device is perfect for accelerating recovery, relieving sore muscles, promoting circulation and improving range of motion.



► [hyperice.com/hypervolt](https://www.hyperice.com/hypervolt), \$350

► **Marc Pro**

This device uses electronic muscle stimulation to improve and facilitate muscle performance by decreasing recovery time, soreness and fatigue. Regular use helps remove metabolic waste, deliver nourishment, and remodel and repair your tissues.



► [marcpro.com](https://www.marcpro.com), \$650

► **KT Recovery+ Ice/Heat Massage Ball**

Get the benefits of ice therapy, heat therapy and deep tissue massage all in one compact product. Interchangeable gel inserts allow users to quickly switch between therapies.



► [kttape.com](https://www.kttape.com), \$40