

HOLIDAY COUNTDOWN



6 SHOPPING DAYS LEFT

WHAT TO BUY THE JOCKS IN YOUR LIFE



▲ **A gift card to the Vitamin Shoppe** —

Don't know what protein, vitamins, or energy drinks they like? Let them choose. The store is on Monroe Street in Toledo near the intersection with Talmadge Road. Available in \$20, \$50, \$75, \$100, and \$200 denominations.

It's not just about balls, bats, and apparel. Shopping for a jock can be complicated. Finding the right piece of exercise equipment or the perfect addition to a work out requires some consideration.

— Ryan Autullo
BLADE SPORTS WRITER

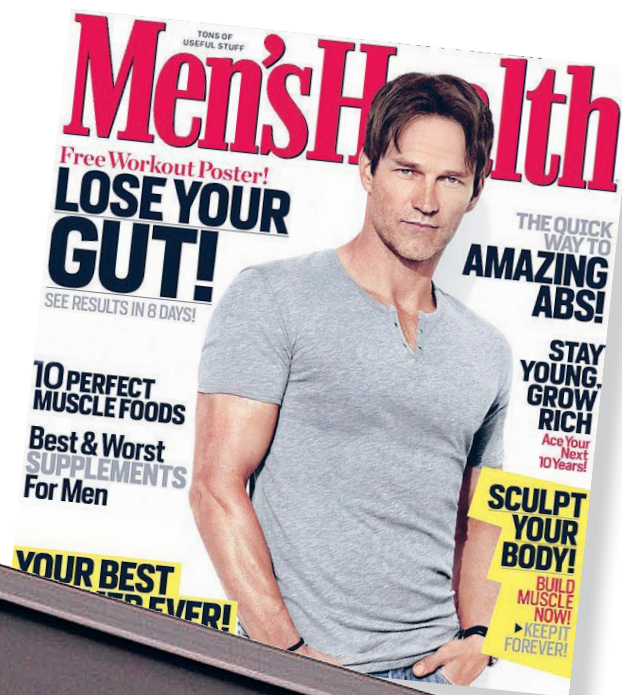


▲ **Adidas Men's adiPURE Training Shoe** — You won't be running barefoot, but it might seem that way. These five-toed shoes increase muscle activation as well as strength, agility, and balance. Available at **Dick's Sporting Goods**. \$89.99



LifeSpan 800s Treadmill — Easier and safer than traveling on ice-covered roads to get to the gym. This 1.75 horse power machine can reach 10 miles per hour. Seventeen programs are available to match an individual's fitness needs. Available at **American Home Fitness**. \$999.99

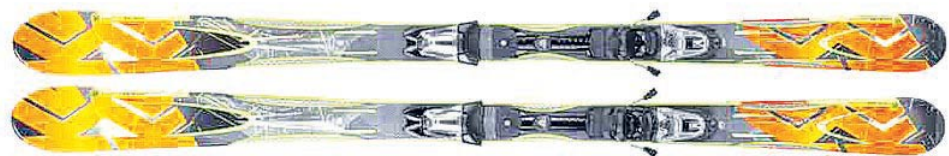
▶ **Subscription to Men's Health magazine** — Read up on the latest trends in health, fitness, and fashion. Available at book stores and at **menshealth.com**. \$19.90 plus delivery for 10 issues (one year)



◀ **Everlast MMA Heavy Bag Kit** — Blow off steam and burn off energy by working this 70-pound bag. Includes gloves and hand wraps. Available at **MC Sports**. \$59.99



▶ **Fitness Gear Multi-Purpose Exercise Mat** — This mat is good for various floor exercises but also protects carpet and other surfaces from damage caused by exercise equipment. Available at **Dick's Sporting Goods**. \$29.99



▲ **Amp Blackhawk M2 skis** — A timely gift for the skier in your life. Boots and poles are not included. Available at **MC Sports**. \$399.99



▲ **Sony Ear Clip Headphones** — Listen to your favorite tunes while working out. Soft loop ear clips make for a comfortable fit and are water-resistant. Available at **Best Buy**. \$19.99



▲ **A massage at Massage Envy** — Alleviate pains and soreness induced by workouts with a massage. Locations are in the Westgate Village Shopping Center on Central Avenue in Toledo and at 2100 Oak St. in Maumee. \$49 for introductory one-hour session.



▲ **Tone Fitness 30 lb. Vinyl Kettlebell Set** — One's New Year's resolution of getting chiseled can be accomplished by exercising with this set. Kettle bells are designed to tone the entire body, and in particular, the core. Bells available in 15, 10, and 5 pounds, at **MC Sports**. \$24.99