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Sega Body Trainer arriving soon

Bang goes your last excuse for not training

by Katie Scott published on 29 February 2008

So the Wii Fit is on its way but for all of you who still want to sweat it out in the gym, here's a device promising to increase the effectiveness of your workouts.

Sega Toys has released the Body Trainer, which uses a monitor that detects your heart rate and adjusts the pace of the music to optimise your training.

You simply enter your age and other vital stats, select your workout (jogging, walking or aerobics) and the Body Trainer will take care of the rest.

It's expected to be available in April for around \$54 or £27.

