

GET MOTIVATED

HOT LIST!

make your

This gear will give your exercise routine a boost of awesomeness.



Lea Michele



Nike Training Club app. free, itunes.apple.com

get a virtual trainer

Can't afford a personal trainer? No problem! With this free (yes, free!) workout app, you'll have guidance from a Nike pro—plus a custom-built fitness routine to meet your goals—in the palm of your hand.

Lea shows you how to do the moves in the app!

sculpt a dancer's body

Build super-sexy (not bulky!) muscles by using Pure Barre DVDs. These ballet-inspired routines use resistance bands—not weights—to make your body strong and lean. (Pssst: Aimee swears by them when her schedule is too hectic to hit the gym!)



Aimee Teegarden



Pure Barre 16th Street: 3 DVD, \$20, purebarre.com



Selena Gomez

rock out in style

Selena has one of these Slap wristbands that looks like a colorful watch but also tucks away her iPod nano. Thanks to the band's secure fit and padding, bumps from working out aren't a biggie, making this better (and cuter!) than clipping your nano to your shorts.

Slap band, \$25, griffitechnology.com

WHEELS AND PUPPY: COURTESY OF NBC; TISSANDE: JORDAN STRAUSS/WIREIMAGE; GOMEZ: AN DRELLMAN/WIREIMAGE FOR ELMER CHANES; KADOCY: JASON LAYTON/GETTY IMAGES; AIMEE: LINA KOOZ/WIREIMAGE; MOTO: ANJALA WOODS/GETTY IMAGES; VILLIUFEL: JAVIER DVOZ/COURTESY OF PURE BARRE; WATCHES: COURTESY OF GRITTE TECHNOLOGY; (BAND) PHOTO: HYEDMAN/SHUTTER; (DVD) COURTESY OF PURE BARRE; (SLAP BAND) PHOTO: JEFFREY M. HARRIS