

BURN FAT WHILE YOU SLEEP (NO KIDDING!)

GEAR >> TRAINING >> RACE SCENE >> LIFESTYLE

Triathlete

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CycleOps PowerBeam Pro \$1,200 and SuperMagneto Pro \$400

It's not that anything was wrong with CycleOps' old trainer models, but they saw some room for improvement. After countless hours of engineering and testing, CycleOps has unleashed three new trainers to the market. They have a versatile and road-like fluid trainer, but we were most impressed with the PowerBeam Pro (electronic) and the SuperMagneto Pro trainers.

Notice the word "power" in the PowerBeam's name. Yes, that means CycleOps figured out how to build a PowerTap into the trainer itself. Using the PowerBeam Pro, you can monitor your precise power outputs all winter long, or when you're stuck inside on a rainy day. With

the included software, you can program specific workouts into the trainer's computer. However, you won't be able to download specific course data for an upcoming race—at least not yet (hint, hint). Resistance is provided by a tiny motor that changes the distance between a set of magnets and the flywheel, allowing you to dial in a precise amount of resistance.

The SuperMagneto Pro proves that magnetic trainers aren't going away anytime soon. It's the only mag trainer on the market that provides a progressive resistance curve, instead of an exercise bike-like linear curve. What makes the SuperMagneto unique is its four separate resistance curves that you can choose from to suit your various training needs. Select the "spin" curve if you're looking for a recovery workout, or bump it up to the "mountain" curve for some serious pain. saris.com



Images courtesy the manufacturers