

Barbells and Whistles

Exercise can get boring. Thankfully, the ever-evolving fitness industry likes to keep things interesting. Here are some of the latest, and frankly, strange workout innovations to break the monotony and keep you in shape.

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Spynga

A perfect workout for those with short attention spans as it strikes a balance between the high intensity of a calorie-busting spin class and the meditative quality of a yoga session. In case you are wondering, downward dog is not maneuvered while on the bike, but on mats beside them.