

Physical Culture

GEAR TEST WITH Eric Franz,
ex-bodybuilder, and family

Exercising With a Full Deck

IN December, hectic schedules, travel plans and holiday party hangovers are notorious for edging workouts right off the agenda. But for some, new motivation can be found within portable decks of fitness cards, which can lead an exerciser through a series of yoga poses, strength moves or cardiovascular activities. Other cards are geared to travelers, children, golfers, pregnant women or anyone seeking a kick in the workout pants.

"They are definitely growing in popularity, and I'd say they're growing in availability, too," said Fabio Comana, an exercise physiologist for the American Council on Exercise. "There is demand for them because they give people structured ideas."

To see if the decks are as convenient as they sound, Eric Franz, 38, a Manhattan lawyer and former bodybuilder, tested five sets with his wife, Aviva, and his daughter, Aviva Rose, 8.

LAUREL NAVERSEN GERAGHTY

SANE FITNESS QUICKSTART

KIT \$24.95, www.sanefit.com. Mrs. Franz preferred this set because it offers three 30-minute workouts of different intensities, "so you could make it more challenging if you need to." Photos show each simple stretch or strength move. Because the moves require equipment like dumbbells, bands and a fitness ball, they are best done in a gym.

