

Smart Fitness

Train At Home With An All-Star Team

(NAPSA)—Getting in shape can be fun and games—if you use a game with an interactive sports-training regime.

A new video game title, “adidas miCoach,” provides men and women with an authentic and authorized technical sports-training program.

The game lets you train at home with an all-star training team taken from your favorite sports, such as Dwight Howard, Tyson Gay, Jozy Altidore and Von Miller. There is also nonsports-specific training in men’s, women’s and getting-started categories.

Once you have the basics down, you can customize the game with your favorite sports stars, new workouts and new sports.

• If you are eager for more of a workout, you can add master classes. The classes make it easier to become better at your sport by seeing how your heroes line up a free throw, shoot a penalty or maintain proper form over the last mile of a marathon.

• You can also add a cardio program with a special app. The console-only workouts provide an intense cardiovascular workout.

• It’s also easy to see how you are doing as the game provides full-body optical tracking. You can view stats, log activity and manage schedules and plans from Web-capable devices. The game logs all



A new game provides both sports-specific and nonsports-specific training.

your activity, from jogging to playing soccer in the park, and racks up points and achievements.

• When you are ready to share your progress, your exercise world can be synced from your console, via the Web or via your smartphone.

Video game publisher 505 Games publishes “adidas miCoach” for Kinect for Xbox 360 and PlayStation Move motion controller for PlayStation.

For more information, visit www.miCoach.com.