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Break a Sweat with the Hottest Fitness Gadgets



Tanita BC 558 Body Scale

It's amazing how much information you can get from a scale these days. With this unit you not only get a readout of your weight, body fat, body water, muscle mass, bone mass, and more, but this is also the only monitor available in the U.S. that gives you segmental body composition readings, meaning you can get separate readings from your left arm, right arm, left leg, etc. Pretty cool - especially if you're focused on training a specific body part.