

ROAD
WARRIOR
2.0



GET MOVING

Best Hotels Gyms

BY HANNAH SERENA GOLDSTEIN



MIAMI

The David Barton Gym at the Hotel Gansevoort South (davidbartongym.com) is well-equipped—there are two floors of cardio machines alone and 45,000 square feet of gym space devoted to Krav Maga, spin, Pilates, and nine different kinds of yoga.



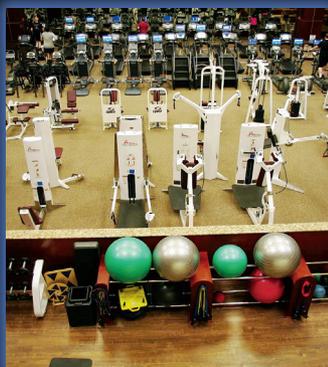
NEW YORK

The fitness center, Gravity at Le Parker Meridien (parkermeridien.com), includes not only the requisite pool but also individual nutrition consults, private fitness classes, and training through a remote coaching system called Fitlinxx.



CHICAGO

Embassy Suites Chicago Downtown Lakefront (chicagoembassy.com) boasts fitness equipment facing panoramic windows with spectacular views of the lake, an indoor swimming pool and open air tennis courts that could seal any deal.



MINNEAPOLIS

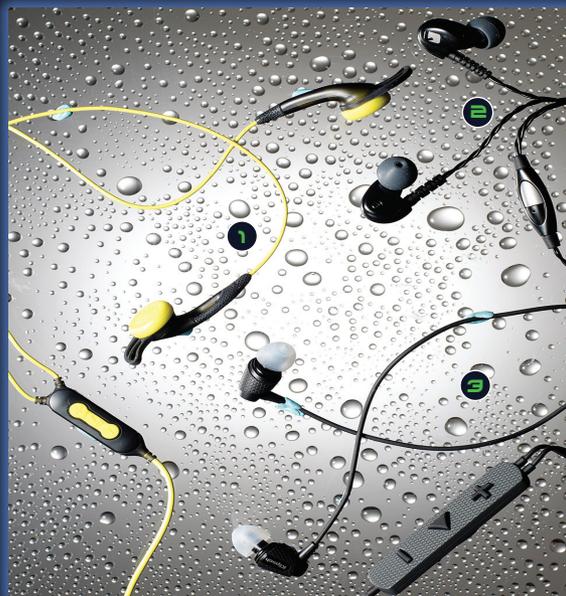
The Life Time Athletic Club's branch at the Grand Hotel Minneapolis (grandhotelmneapolis.com), houses a six-lane pool, running track, gymnasium, racquetball, handball and squash courts. Your racquet skills will never be rusty, even on the road.

TRYING TO EAT HEALTHY, with the temptations of all-you-can-eat breakfasts, fast food lunches and expense account dinners, is a challenge matched only by the daunting prospect of burning off all those calories within an itinerary mostly spent in the seated position. No matter how well appointed a hotel gym, it's always easier to find a reason not to work out than to spend 20 minutes sweating on the elliptical. For the ultimate road warrior, though, staying fit on the road is as easy as cutting a million-dollar deal. Here's why:

SWEAT-PROOF SOUNDS OF SUCCESS

BY ORION RAY-JONES
PHOTOGRAPH BY DAN MCCOY

Only a wimp would pause the treadmill to catch the conference call. These mic-enabled, ultra-durable headphones boast inventive designs and executive-class sound quality.



1 SENNHEISER ADIDAS MX6801 \$60

Why buy? Innovative "ear fins" keep them glued in, and an inexpensive price tag buys you an extra share of that hot stock you've been watching.

Why not? Good luck coordinating your gym gear with the fluorescent yellow Kevlar-coated cable.

2 WESTONE TS1 \$129

Why buy? The braided, anti-tangle cable feels strong as steel but light as a feather, and a right-angle connector is far less obtrusive than the straight jacks on the other two.

Why not? No volume controls on the cable mean you'll have to fumble with your phone to pump up the Rocky theme song.

3 KLIPSCH S51 \$130

EDITOR'S PICK

Why buy? Large controls are easy to adjust on the fly, and the hi-fi sound is worthy of the Klipsch name. Plus there's an LED flashlight built into the case.

Why not? That large control becomes a pendulum as you're bouncing up imaginary buildings on the Stairmaster.