

SELF

Fresh Fitness Tips

It's wacky (but it works!) Wednesday: A Wearable Workout

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Can this bracelet make you buff? SELF finds out...

No time to exercise? No problem, according to the makers of **BANGLZ** weighted bracelets and anklets. Simply sport the wearable ½ pound weights during daily activities (think: housework, grocery shopping, commuting) to sneak in bonus firming. The company claims the slight, ongoing resistance burns added calories, while sculpting muscle.

SELF says: There's no substitute for a good old-fashioned strength session. (Time crunched? Try this month's [Whittle While You Work](#).) But BANGLZ do offer a fun new way to firm on the fly. And, hey, the 80's are making a comeback, so why not make a fashion statement with the scrunchy-esque accessory?!