



STOP/WATCH

VIEWS TO A THRILL



UFC-ING AROUND

Hurt yourself falling down the stairs again? Toughen up with UFC Personal Trainer, a new Kinect offering for Xbox 360 (\$49.99). It submits all the best parts of MMA workouts without all the cauliflower ear.

SPARRING WITH FIGHTERS

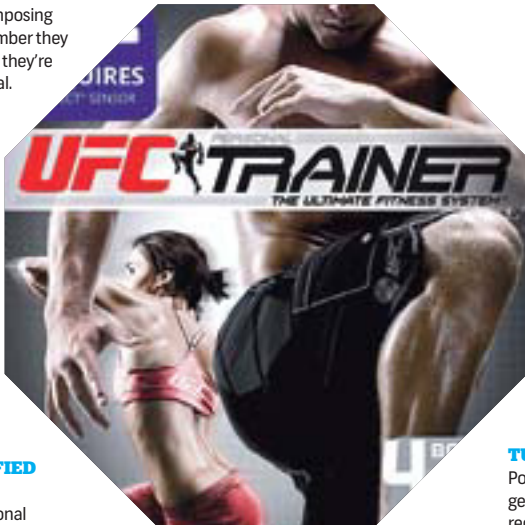
Every UFCer in Trainer is imposing in the octagon. Just remember they can't hurt you much since they're wearing gloves and not real.

BEING "MOTIVATED"

Trainers in the game are the Paddy Conlon to your Tom Conlon. (That *Warrior* reference will make more sense in September.) Keep them happy or they'll cruelly berate you with "Try harder."

PERFORMING CERTIFIED WORKOUTS

Sign up for an NASM (National Academy of Sports Medicine)-approved 30- or 60-day program to make this living-room workout feel more official.



TRACKING YOUR PROGRESS

Trainer offers an in-game journal that enables you to view every workout accomplished. "Express your feelings" mode not included.

BEATING YOUR FRIENDS

Engage in time-based drills—punches and kicks—with a buddy using Xbox Live. Should build some nice tension for the next time you meet in person.

WORKING THE HEAVY BAG

Trainer lets you customize routines. Hate thinking? The game also has more than 60 pre-programmed workouts.

WATCHING UFC RING CARD GIRLS

Spoiler alert! There are no ring card girls in the game. But you can YouTube ladies playing the game. That'll get the ol' heart rate going.

TURNING ON THE XBOX

Powering the system requires getting off the couch, which requires core strength, which causes perspiration. You're using a video game to work out. Beggars can't be choosers.



FOLLICLE FOCUS

BEARDING—y'know, the competitive growth of jaw mullets—comes to IFC on Aug. 5 with *Whisker Wars*, a docu-comedy that follows Beard Team USA on its quest for hirsute superstardom. In case you're not a fan of documentaries, comedies or a hybrid of the two, each episode includes beard maintenance tips. And surely you're a fan of education.



FRAMED GAMES

Hate being reminded you have kids? Digital frame maker Ceiva has relief. In addition to displaying snaps from Facebook, Flickr and your phone, its CEIVAs (share (\$127.99, ceiva.com) flashes the latest sports standings and news. Since everyone's a voyeur at heart, the frames can also pull in your friends' photos. After a free first year, Ceiva's PicturePlan service is \$6.95 a month—but now that you've quit Netflix, you have cash to burn.



PAPER TIGER

For the latest installment of its *Fame* series of comic books, Bluewater Productions turned an eye to an infamous face with *Fame: Tiger Woods* (\$3.99, Amazon). Artist Marcelo Salaza's interpretations of the golfer's mug appear 59 times inside the glossy. To tee you up, here are some highlights:

