The Exercise EVOLUTION

T&C’s guide to high-tech exercise gear that does everything but the actual workout.

THEN:
Audrey Hepburn wore a red unitard to do yoga in the 1950s.

NOW:
A modern slouch straightens up with elite accessories.
Yoga is an ancient practice; update it with sleek weights and a wearable device that coordinates with your phone to track and correct alignment. NANCY GONZALEZ BUTTER BAG ($2,350 FOR SPECIAL ORDER), BERGDORFGOODMAN.COM. CHANEL YOGA MAT ($2,500), 800-550-0025; UPRIGHT GO ($80), UPRIGHTPOSE.COM. BALA BANGLES ($50), BALABANGLES.COM.

THEN:
Barbra Streisand soaked in a stranger’s hotel bath tub in What’s Up Doc (1972).

NOW:
Recover in solitude with indulgent at-home amenities.
The spa is best enjoyed at home, preferably with a personal infrared sauna and a light therapy soaking tub, with Bach piping through a chic brass speaker: LARQ SELF-CLEANING WATER BOTTLE ($95), LIVELARGE.COM. SUNLIGHTER APULSE 3 IN 1 SAUNA (FROM $4,799), SUNLIGHTER.COM. BANG & OLUFSEN BEOSOUND 2 ($2,250), BANG-OLUFSEN.COM. KOHLER VEIL LIGHTED FREESTANDING TUB ($4,849), KOHLER.COM.
THEN:
In 1982 devotees watched Jane Fonda’s Workout on repeat in their living rooms.

NOW:
Fitness buffs take custom classes anytime, anywhere.
The Mirror beams a personal trainer straight into your home and ensures perfect form, while a virtual reality flight machine delivers ever-changing workouts that are part fitness, part game. For 24/7 feedback, smartwatches monitor heart rate, movement, and sleep.

MIRROR INTERACTIVE GYM ($1,495), MIRROR CO.; ICRABS HOME VR SYSTEM ($2,200), ICRABS.COM; SAMSUNG GALAXY WATCH ACTIVE ($200), SAMSUNG.COM; KATE SPADE NEW YORK SMARTWATCH 2 ($335), KATESPADE.COM

THEN:
Madonna, running sans a single accessory in 1990.

NOW:
The daily jog is kicked out from treadmill to toe. A Peloton treadmill equipped with a touchscreen for live-streaming classes keeps indoor cardio interesting. For outdoor runs, digitally enhanced shoes regulate temperature, track distance, and analyze tread patterns.

TOM BROWNE BOMBER JACKET ($1,150) AND PANTS ($1,290), THOM BROWNE.COM; PELOTON TREADMILL (FROM $4,295), ONEPELOTON.COM; DIGITSOLE SMART SHOES (PRICE ON REQUEST), DIGITSOLE.COM; BALENCIAGA TRAINERS ($895), BALENCIAGA.COM; BALENCIAGA BEVERLY HILLS, 310-854-0157