



## New Brain Scan Study Finds Link Between Food Craving Control and Weight

Food cravings are a powerful pull for people who are trying to lose weight. "About 90% of women and 50% of men experience uncontrollable

Personal Trainer Gains 60+ lbs t...

**New Brain Scan Study Finds Link ...**

Is There Power in Positive Think...

Coconut Oil's Big Comeback

← Previous: [Healthy Chicken and Quinoa Salad](#) Next: [Four Rules for Getting Big Made Simple](#) →

JUL 07

## Review: Amphibx Fit Waterproof Armband



It's the beginning of July and summer is in full swing. It's time to take advantage of the warm weather by taking your workouts outdoors and even at the beach, if possible. Now we've already designated June as 'Bringing Fitness Outdoors Month', but you still have plenty of time to take advantage of the warm weather. Unfortunately, this means you can't bring along your phone with you to track your progress on **DailyBurn** while you're building up a sweat or your MP3 player to listen to your music while swimming...or can you?

### Testing the Amphibx Fit Waterproof Armband

I decided to try out an Amphibx Fit Waterproof Armband. Made by h2o Audio, the armband is designed to keep your iPhone or other large MP3 player completely dry in up to 12 feet of water. The case itself is well built and sturdy. Although it appears bulky, it is more comfortable than it looks. The velcro strap gave a secure feeling where I had no worries of it falling off. Now time to test out their waterproof claim.

### The Big Plunge

Needless to say I was a little hesitant at putting my iPhone to the test right away, so I started off slow. I had decided to use a piece of paper because it would be easy to tell if any water had seeped in the case. If it passed this test, then I was willing to try it with my iPhone. After placing the piece of paper within the case, I submerged it in a pot of water for 3 minutes. I had to actually hold it under the water because the armband actually has a really great feature in that it floats. This would certainly be beneficial incase the armband ever fell off underwater for any reason. Results: a completely dry piece of paper. Impressive start.

### The Final Test

After passing the initial test, I was ready to try it out with my iPhone. Although it passed the paper test, I was still nervous. I didn't want to find make a \$600 dollar mistake. I ultimately chose to do it and after the first few minutes, my initial nerves switched to amazement. I was in an 8' inground pool swimming around and listening to music. After 20 minutes, I was completely convinced that case was completely water tight.

### But What About the Headphones?

Although the armband is waterproof, h2o Audio recommends using their headphones when going under water to ensure a completely waterproof seal. Their **waterproof headphones** sound a little tinny and extreme on the highs, but they do the job. If you're looking to keep your device free of sweat or rain, you can use any regular pair of headphones with the case.

h2o audio carries different waterproof armbands depending on your needs. Their cases range from \$29.99 up to \$259.99 for a case that is waterproof up to 300 feet. Now I certainly won't be going underwater 300 feet anytime, but they have waterproof cases that cater to anyone's needs.

The Amphibx Fit Waterproof Armband is a great summer addition to your workouts. Whether you're just looking for a sweatproof armband to protect your device while working out or if you're looking to take your music underwater with you, Amphibx Fit Waterproof Armband certainly does it's job of keeping your device dry.



BY ANTHONY BRANCAZIO

+1

0

Tweet

7

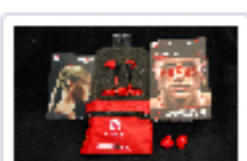
Like

27

Comments

3 Comments

### Related Posts



All Hype or Must-Have: Yurbuds L...



Best Ways to Protect Your Electr...



Review: iHome NB639 Fitness Head...



Review: Oh!

It's time to get serious about your fitness.

[Learn More](#)

**dailyburn**

## Topics

WHAT WE TALK ABOUT

[Diet and Nutrition](#)

[Fitness](#)

[Gadgets & Gear](#)

[Gatorade](#)

[Health Hacks](#)

[Lifestyle](#)

[Motivation](#)

[Success Stories](#)

[Trainer Tips](#)

## Most Popular

1. [Personal Trainer Gains 60+ lbs to Show People How to Go From "Fat 2 Fit"](#)  
6 Comments
2. [The Real Reasons You Shouldn't Eat After 7PM If You Want to Lose Weight](#)  
9 Comments
3. [Coconut Oil's Big Comeback](#)  
4 Comments
4. [Recovery Fuel Prevents Muscle Cramping and Improves Muscle Rebuilding](#)  
0 Comments
5. [Try These 3 Motivating Strength Building Challenges](#)  
5 Comments

**Find us on Facebook**

**DailyBurn**

DailyBurn shared a link.

**5 Gym Mistakes to Correct Right Now**  
life.dailyburn.com

If you ask a trainer about the top gym mistakes that they see over and over, most of them will have a long list for you. But it's not just poor gym etiquette that