

## FITNESS PICKS!

## 10 best workout DVDs

## 1. GREAT FOR BEGINNERS

## Kathy Smith's Project: You!

**WE LOVE IT CUZ:** This three-disc series includes a low-impact cardio plan, total-body strength and a flexibility routine. Smith keeps the choreography simple and fun, while teaching correct form. Length: 8 workouts ranging from 20 to 60 minutes. Price: \$59.85 (beachbody.com)

## 2. TOTAL BODY TONE-UP

## Get Ripped

**WE LOVE IT CUZ:** Instructor Jari Love will turn your living room into a high-energy sculpting class. The moves are basic but challenging, with beginner-friendly options. Note: You'll need a light and medium set of dumbbells and a step bench. Length: 54 minutes. Price: \$19.95 (collagevideo.com)

## 3. GET YOUR GROOVE ON

## Brazilian Dance Workout

**WE LOVE IT CUZ:** You'll shimmy off pounds and learn moves you'll be tempted to show off in public. The infectious spirit of the instructor, Vanessa Isaac, will keep you going long after you break a sweat. Length: 59 minutes. Price: \$19.95 (collagevideo.com)

## 4. QUICKIE WORKOUT

## 10-Minute Solution Kickbox Bootcamp

**WE LOVE IT CUZ:** You'll get five 10-minute routines that you can do à la carte or all together. The boxer's shuffle keeps your heart rate—and calorie burn—up throughout. Bonus: The washboard-ab section delivers. Length: 54 minutes. Price: \$14.95 (collagevideo.com)

## 5. CALORIE BLAST

## Cathe Hardcore Series: Kick Max

**WE LOVE IT CUZ:** Choose the "extreme challenge" workout on this DVD and you'll get what you asked

for. Fat cells don't stand a chance against the continuous flow of kicks, jabs and jumping jacks. "Not recommended for beginners," our tester warns. Length: 73 minutes. Price: \$26.95 (collagevideo.com)

## 6. BIGGEST BANG FOR YOUR BUCK

## Giselle Fitness ABCD's for Total Body Fitness

**WE LOVE IT CUZ:** All you need for a killer workout is this DVD, a body bar, dumbbells and a stability ball. Choose from four different routines—cardio, sculpting, all abs and glutes or stretching and de-stressing—or do them all together. Length: Ranges from 17 to 33 minutes. Price: \$19.95 (collagevideo.com)

## 7. PUMPED-UP YOGA

## Yoga Burn

**WE LOVE IT CUZ:** It's yoga abs! You'll feel the "burn" during a super ab-sculpting move called the "flying cross-legged" pose. Your glutes and quads will also ignite when instructor Rodney Yee leads you through sun salutations with tons of killer chair poses. The best part? You'll feel like every muscle has been stretched and toned when you're done. Length: 60 minutes. Price: \$15 (gaiam.com)

## 8. DE-STRESS

## Kari Anderson Reach: Upbeat Toning and Flexibility for a Dancer's Body

**WE LOVE IT CUZ:** We've finally found a stretch routine we can also call a workout! Anderson moves you into a series of pliés and kicks that stretch and sculpt. The relaxing payoff comes at the end, when you stretch every part of your body—including the bottoms of your feet. Length: 60 minutes. Price: \$19.95 (collagevideo.com)

## 9. PILATES CHALLENGE

## Sara Picot's More Than Mat Pilates (Intermediate)

**WE LOVE IT CUZ:** Get the sculpting benefits of a Pilates workout on the Reformer with this DVD and your own resistance bands. "I didn't think some of the moves would be possible without the machine," said one Pilates devotee. "But this workout works." Length: 78 minutes. Price: \$21.99 (pilatesforyou.com)

## 10. SIX-PACK SCULPTER

## Turbo Jam Ab Jam

**WE LOVE IT CUZ:** It's quick enough to squeeze into even the busiest schedule. The jackknife crunches and squat leg lifts alone will give you the advantage you've been waiting for come bikini season. Length: 20 minutes. Price: \$19.95 (beachbody.com)

