

EDITOR-TESTED

The 10 Best New Workout DVDs

Drop pounds, gain muscle, and de-stress—without leaving home. BY MELISSA DALY

LONG-AND-LEAN ROUTINE

10-Minute Solution:
Pilates Perfect Body**Estimated calories burned:** 85 to 370***What you'll need:** Dumbbells, a mat**Why we love it:** These five intense sessions are challenging yet easy to follow.**Tester says:** "It makes you feel dancerlike and fluid, even if you're really not!" (56 minutes, \$14.98, amazon.com)

BODY-FIRMING YOGA

Shiva Rea Creative
Core + Lower Body**Estimated calories burned:** 135**What you'll need:** A mat**Why we love it:** You flow from one pose into the next, which keeps your energy up and helps tone your abs.**Tester says:** "The music and instructor really motivated me to keep moving." (24 minutes, \$9.99, acaciacatalog.com)

CALORIE TORCHER

Barry's Bootcamp
Hollywood Fat Blaster!**Estimated calories burned:**

200 to 548

Comes with: Three discs, two resistance bands, a stability ball**Why we love it:** An on-screen countdown gets you through tough, high-energy moves.**Tester says:** "It's very hard to get bored, because you just don't stop!" (143 minutes, \$59.95, collagevideo.com)

DANCE ROUTINE

Crunch: Latin Rhythms

Estimated calories burned: 170**Why we love it:** Drums, horns and guitars set the pace for this effective dance workout.**Tester says:** "You're not just thrown into a full combo—each one is introduced step-by-step." (38 minutes, \$14.98, amazon.com)

TUMMY TONER

Denise Austin: Best
Belly Fat-Blasters**Estimated calories burned:** 85 per workout**What you'll need:** A stability ball**Why we love it:** Austin's greatest moves from seven previous DVDs target your abs from every angle possible.**Tester says:** "Each 10- to 15-minute workout is different, and I love them all!" (75 minutes, \$14.95, collagevideo.com)

WALKING WORKOUT

Leslie Sansone Walk at Home:
5 Day Slim Down**Estimated calories burned:** 110 to 440**Why we love it:** When cold winter mornings keep you inside, you can do one mile or five, each focusing on different muscles.**Tester says:** "My favorite walking routine yet." (97 minutes, \$14.95, walkathome.com)CRUNCH-FREE
AB FLATTENERHemalaya
Beautiful Belly**Estimated calories burned:** 195**What you'll need:** A mat**Why we love it:** Indian belly-dancing

moves have you shaking like Shakira while sculpting a sari-ready tummy.

Tester says: "You feel ridiculous at first—but you quickly get used to it and have a blast!" (42 minutes, \$14.99, acaciacatalog.com)

HEAD-TO-TOE RESULTS

The Firm: Dangerous
Curves Ahead**Estimated calories burned:** 215 to 435**Comes with:** A circular resistance band**What you'll need:** Dumbbells (optional)**Why we love it:** Four well-cued, mix-and-match workouts provide variety to keep you motivated long enough to see big results.**Tester says:** "Do the full-length version and you will definitely swoon!" (57 minutes, \$19.95, collagevideo.com)

QUICKIE WORKOUT

Kathy Smith: Lift Weights
to Lose Weight**Estimated calories burned:**

30 to 225 per disc

What you'll need: Dumbbells, a stability ball**Why we love it:** The two-disc set combines

cardio and total-body strength training in

seven 10- to 20-minute workouts.

Tester says: "This is totally going to take my training to the next level!" (120 minutes, \$19.95, lionsgateshop.com)

WEIGHT-LOSS WORKOUT

Results Fitness:
Boost Your Metabolism**Estimated calories burned:** 380**What you'll need:** Dumbbells**Why we love it:** This cardio-strength circuit keeps your heart rate up throughout, plus it comes with a basic nutrition plan.**Tester says:** "I could really feel my legs, butt, abs and arms being worked with every move." (50 minutes, \$14.98, amazon.com)

*Calorie burns are based on a 140-pound woman.



Skip the gym—and save over
\$500 this year—by doing an
at-home DVD routine instead.