

A DVD-licious body

SELF tested dozens of new fit discs to find these gems.

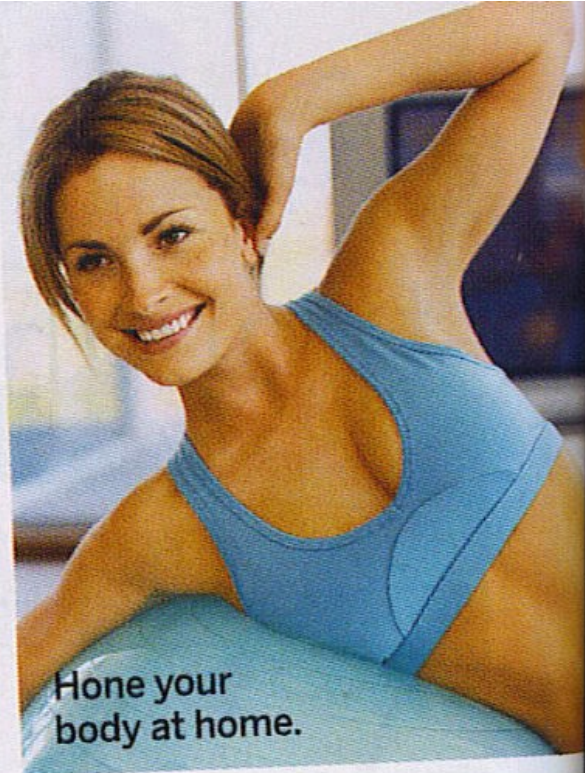
Bell Express 15: 30 Day Challenge Fitness Kit With Gabrielle Reece (Easton Bell Sports, \$30; Target.com) Combine the three 15-minute workouts for a total-body shape-up, or pick only one. "It was like I had a trainer!" our tester raved. Core ball, weights and pedometer are included.

Deante Dance DVD (Urban Group

Exercise, \$20; DeanteDance.com) Five easy-to-follow modern-dance workouts—all to a steel drum band. Our tester's fave: the core-centric session.

Your Body Breakthru: Your Best Body Circuit (Breakthru Fitness, \$20; Razor Fitness.com) This 58-minute calorie scorcher mixes weights and bands with aerobic bursts. Our tester liked the firm-and-burn combo.

Dance of the Kama Sutra With Hemalayaa (Acacia, \$15; AcaciaLifestyle.com) Flowing moves (bump and grind meets yoga) get you in the mood as they slim. "I felt in tune with my body," our tester said. —Liz Miersch



Hone your body at home.



Sweat set

At SELF we know a bit about DVDs because we've made lots. Get our latest, \$15 each, at CollageVideo.com.