

Reader Tested 10 Best Workout DVDs



ALYSSA SHAFER, FITNESS DIRECTOR, HELPS READERS SCOPE OUT WINNERS



1 BEST FOR: CALORIE BLASTING

FAT BURNING KICKBOXING
WORKOUT FOR DUMMIES

CALORIES BURNED: ABOUT 700

WHY WE LOVE IT: Even if you've never thrown a jab or simulated a side kick, instructor Keli Roberts shows you how to master the essentials.

OUR TESTER SAYS: "Beginner-friendly pop-ups make the moves super-easy to follow." (56 minutes; \$14.98, collagevideo.com)



2 BEST FOR: BOREDOM BUSTING

1 MINUTE WORKOUT:
TOTAL BODY TONING

CALORIES BURNED: ABOUT 630, OR 4 TO 10
PER MINUTE WORKOUT

WHY WE LOVE IT: With over 115 different exercises to choose from, this DVD spits out customized routines. Try a 7-minute upper-body workout one day and a 48-minute total-body tone-up the next.

OUR TESTER SAYS: "It's impossible to get bored!" (150 minutes; \$19.98, amazon.com)



3 BEST FOR: ACHIEVING INNER CALM

INTENSATI INTENTION AND
POWER: A HIGH ENERGY
WORKOUT FOR BODY, MIND & SOUL

CALORIES BURNED: ABOUT 600

WHY WE LOVE IT: Patricia Moreno's unique, challenging workout blends martial arts, yoga and sculpting moves. Plus, she helps you find

peace of mind through chants.

TESTERS! Visit our Fit Club and chat about this DVD on www.fitnessmagazine.com/fitclub. For more details, see Editor's Letter, p. 12. (58 minutes; \$19.95, intensati.com)



4 BEST FOR: CORE STRENGTH

10 MINUTE SOLUTION:
RAPID RESULTS PILATES

CALORIES BURNED: ABOUT 270, OR AROUND
50 PER ROUTINE

WHY WE LOVE IT: Can't squeeze in a full hour-long Pilates class? This DVD features five 10-minute routines. Lara Hudson makes her exercises specific, so you can mix and match them to target your trouble spots.

OUR TESTER SAYS: "I totally felt this workout the next day, but the cancan move, especially, made me work." (54 minutes; \$14.98, collagevideo.com)



5 BEST FOR: BEATING BOREDOM

DANCE OFF THE INCHES:
FAT BURNING JAM

CALORIES BURNED: ABOUT 300

WHY WE LOVE IT: Take 10 minutes to learn the dance steps and spend the rest of the time shaking your arms, legs and booty, all with help from leader Michelle Dozois.

OUR TESTER SAYS: "If you love dancing, you'll really dig this DVD, which incorporates various elements of jazzy hip-hop rhythms." (46 minutes; \$14.98, collagevideo.com)



6 BEST FOR: ADVANCED YOGIS

MARK BLANCHARD'S
PROGRESSIVE POWER

YOGA: THE SEDONA EXPERIENCE (SET
OF FIVE DVDS)

CALORIES BURNED: FROM 350 TO AROUND 720

WHY WE LOVE IT: Blanchard can make any yogi break a sweat. Advanced poses such as the flying crow are difficult; your muscles will work like never before.

OUR TESTER SAYS: "This is definitely a challenging workout, but Blanchard keeps you coming back for more." (48 to 98 minutes; \$89.99 for the set, \$19.99 to \$24.99 per DVD, progressivepoweryoga.com)



7 BEST FOR: LEARNING TO LIFT WEIGHTS

BUILD UP YOUR MUSCLES
CALORIES BURNED: ABOUT

300 PER ROUTINE

WHY WE LOVE IT: Instructor Gin Miller presents four simple but effective weight routines. Plug in your equipment preference and fitness level for a total-body workout.

OUR TESTER SAYS: "I love the way Gin