

# Get the exercise ball rolling with these DVDs

Working out to an exercise DVD in front of the TV is a low-hassle way to get in shape and lose weight. But there's a plethora of workout tapes on the market, from aerobics programs to strength training, and it's hard to figure out which one is right for you. USA TODAY's **Nanci Hellmich** asked the editors of *Fitness* magazine and certified fitness instructors with collagevideo.com to pick their five favorites.

**How they picked them:** *Fitness* magazine



Editors tested more three dozen new exercise DVDs for the February issue and rated them based on ease of use, whether they are good workouts and whether they're just interesting to watch. The editors picked five videos from their top 10 list to review for USA TODAY readers. "Exercise DVDs are great for people who are short on time, want to try something new or just don't want to be seen at the gym after eating all those cookies over the holidays," says editor in chief Denise Brodey.

**Collage Video**

Fitness instructors review exercise DVDs for Collage Video, which sells videos via a toll-free number (800-201-9117) and a website (collagevideo.com) that offers workout previews. "You could buy any one of the videos listed and have a great program to start with, and then build your library from there," says Jill Ross, a reviewer for the company. The advantage to exercise DVDs is you are working out with some of the best instructors in the world, she says. The videos reviewed by Collage on this page are among the company's top-selling exercise DVDs; each retails for \$14.95, plus shipping.



**Jennifer Kries New Body Pilates**

Informative and very well-taught, this workout is a great introduction to Pilates. Kries emphasizes breathing and alignment, the key elements of true Pilates. It's designed for people who are beginners or on the intermediate level.

— Collage Video

**10 Minute Solution: Tone Trouble Zones!**

Perfect for someone who doesn't have a lot of time for strength training. You don't need dumbbells, just the resistance band that comes with the program. The 10-minute workouts target different areas, from shoulders to bum. (anchorbayentertainment.com, \$16.98)

— Fitness

**Ellen Barrett Fat Burning Fusion**

The fun hybrid workout integrates muscle toning with ballet, Pilates, balance and athletic movements. The moves range from pliés to classic leg lifts. The program is done barefoot.

— Collage Video



**Jeanette Jenkins: The Hollywood Trainer 21 Day Total Body Circuit Workout**

Great for beginners. The moves are all ones you've seen before – crunches, push-ups, lunges – but have modifications to keep them from being boring. There are tips for making the exercises harder. The playlist is awesome. This DVD keeps your energy level high. (amazon.com, \$9.99)

— Fitness

**Bell Express 15 Cardio Fitness Kit**

This DVD comes with a stability ball and jump rope. The video stars athlete/model Gabby Reece and shows her exercising alongside a trainer. You can do the workout in 15 minutes or add a warm-up to make it a little longer. (gotogabby.com, \$29.99)

— Fitness

**Billy Blanks Tae Bo Amped**

The new set of five workout DVDs comes with a weighted bar that you can use if you want to make the moves even more challenging. You'll get a great cardio workout while incorporating strength moves. Blanks' energy is contagious. (taebo.com, \$39.95)

— Fitness

**Rockin' Body Cardio Jam by Michelle Dozois**

This is great straightforward cardio workout with no tricky choreography. It's easy to learn, challenging to do and fun. Everything clicks in this workout; there is no frustration or bad transitions. The video is worth keeping forever.

— Collage Video

**Get Ripped & Chiseled With Jari Love**

She does tons of repetitions, so you really exhaust your muscles. This is for those who have had experience lifting weights and want to take it to the next level. Love hits every major muscle in a big way, and you will definitely be sore the next morning. (razorfitness.com, \$14.99)

— Fitness

Love leads a well-organized and effective workout that is definitely challenging. It's simple and tough with lots of reps and lots of weight. The exercises are all classics, like squats, lunges, biceps curls and overhead presses. It requires 5- to 20-pound dumbbells. A barbell is optional; a step bench is also used.

— Collage Video

**Element Yoga for Beginners**

Clear directions and a fluid series of easy-to-understand postures make this a perfect class for someone new to yoga. It ends with a relaxing stretch. The beautiful production with quiet instrumental music in an outdoor setting creates a spa experience at home.

— Collage Video