



The Make-It-Happen Issue

Save Money • Lose Weight • Stress Less

Sleek ARMS!
Flat ABS!
Firm BUTT!

Burn More Calories 24-7

BETTER ENERGY

Exactly What to Eat Before You Work Out

Beat Exercise Boredom

15 Best At-Home Workouts

The #1 Toning Trick You're Not Doing—But Should

FEBRUARY 2014 FITNESSMAGAZINE.COM

ACT NOW!
FITNESS iPad Subscription Sale
See the details at fitnessmagazine.com/tryit



Watch and Burn

Our posse of 220-plus testers tried just about every new workout DVD out there to find you these 10 straight-up best body transformers.

By Samantha Shelton and Karla Walsh

WIN BIG

Here's your chance to score all 10 of our top workout DVDs. Enter from January 7 through February 28 by e-mailing your name, address and phone number to freebie@fitnessmagazine.com with the subject line "Best DVDs." Another lucky reader will win our five best workout video games; e-mail us with the subject line "Best Workout Games." For rules, see page 122.

PLAY TIME!

Sample a clip of each DVD at fitnessmagazine.com/bestdvs or in our digital edition. Try an issue for free at fitnessmagazine.com/digitalextras.

2014 **fitness** BEST WORKOUT DVD AWARDS WINNERS

TARGET BURN

Ring Leader

Strap on the weighted gloves that come with the five-disc *Piloxing System* (\$80, piloxing.com), then uppercut, plié and jab your way along to one of three 50-minute cardio rounds—a "great mix" of boxing, dancing and Pilates that will have you "sweating up a storm within the first 10 minutes," a tester said. Save the "challenging" mat sessions for a dose of next-day toning.

CALORIES BURNED: 128 (Pilates) to 438 (per round)
EQUIPMENT NEEDED: weighted gloves (included)

Short and Sweaty

Time crunched? Pick one of five high-intensity circuits in *The Biggest Loser: 8-Minute Body Blasters* (\$10, amazon.com) to do alongside your fave contestants, or "glue two together to definitely get your sweat on," one tester suggested. You'll power through 30-second calorie sizzlers like jumping lunges and dive bombers, followed by 10 seconds of recovery. "Solid moves" and the motivating *TBL* trainers Bob Harper and Dolvett Quince "make this a winner."

CALORIES BURNED: 21 (cool-down) to 68 (per circuit)
EQUIPMENT NEEDED: 3- to 8-pound dumbbells

Dance Champion

You can perfect your mambo and cha-cha with *Denise Austin: Burn Fat Fast Latin Dance* (\$15, amazon.com), even if you're "someone who's pretty rhythmically challenged," a tester promised. "Some of the moves seemed like ones I might even try on the dance floor," another said. Count the 30-minute routine as moderate cardio; for a little toning, pull out your dumbbells and add the 10-minute bonus session, which combines classic Latin moves with biceps curls and overhead presses.

CALORIES BURNED: 37 (toning) to 171 (dance)
EQUIPMENT NEEDED: 3- to 5-pound dumbbells

Note: All estimated calories burned are based on a 140-pound woman.

TARGET BURN AND FIRM

Hot Twists

Don't expect slo-mo poses in the two half-hour practices from *Jillian Michaels Yoga Inferno* (\$10, shop.jillianmichaels.com). Michaels creates variations on the classics that "you would never see in your average yoga class," a tester noted. One workout mixes in 30-second cardio intervals like plank jacks, and the other incorporates creative strength moves like chair poses with shoulder presses.

CALORIES BURNED: 160 to 166 (per workout)
EQUIPMENT NEEDED: yoga mat, 3- to 5-pound dumbbells (optional)

Power Pack

Testers "worked up a crazy good sweat" during each 25-minute session in *Insanity* trainer Shaun T's latest 10-week program, *Focus T25* (\$120, beachbody.com). The 11 no-rest workouts "feel really fresh" and are divvied up into two five-week phases: Alpha, to build a strong foundation, and Beta, to increase intensity and strengthen your core. (For an additional \$60, you can take on the four workouts in the optional Gamma phase which emphasizes building muscle.)

CALORIES BURNED: 267 (per workout)
EQUIPMENT NEEDED: resistance band (included) or dumbbells

Abs-solute Rule

Our fave *X Factor* judge shows the work it takes to rock those crop tops in *Sexy Abs Cardio Sculpt With Kelly Rowland and Hollywood Trainer Jeanette Jenkins* (\$20, thehollywoodtrainer.com). The hour-long total-body routine is built on five-minute segments to keep muscles guessing. Thanks to the countdown timer, "I worked even harder because there was only 'one more minute' until the next section," a tester said.

CALORIES BURNED: 446 (65-minute workout)
EQUIPMENT NEEDED: 3- to 5-pound dumbbells