




**THE  
BEST**

# At-Home Workouts

Let's be honest—everyone wants to get fitter in the new year. These ALL You reader-approved DVDs can help make it happen. Just push PLAY, then get moving!

By Leslie Barrie

## PICK THE LEVEL THAT'S RIGHT FOR YOU

 Beginner  Intermediate  Advanced



### THE FAT BURNER

**Leslie Sansone:**  
*Walk Off Fat Fast*  
\$15; amazon.com.

**LEVEL** 

**BEST FOR** Walking enthusiasts as well as those who don't like to be bogged down with complicated footwork  
**THE SCOOP** Choose whether you want a 20-, 30- or 40-minute workout, then march, kick and sidestep your way to a pace that can help you melt fat. You'll break a sweat, but Leslie leads the class in an encouraging way so no one feels left behind.

#### 'I TRIED IT!'

*"The moves are so simple, yet they give you such a good cardio workout. Leslie helps you stay motivated to get through it, as does the upbeat music."*



Irisel Lee, 34,  
Clarksville,  
Tenn.



### THE SPOT TONER

**Weight Watchers**  
*10-Minute Belly, Butt  
and Thigh Tone Ups*  
\$15; amazon.com.

**LEVEL** 

**BEST FOR** People with limited time who want to focus on specific body zones  
**THE SCOOP** Mix and match workouts by choosing from one of six 10-minute routines. If you do core and butt one day (and feel sore), the next day you can switch and do upper-body and thigh moves.

#### 'I TRIED IT!'

*"I have a previous injury that affected my range of motion, so I liked how the DVD includes modified versions of the exercises—which let me still get a good workout in."*



Carmen  
Lamont, 44,  
Elizabethtown, Ky.



### THE FUN FIRMER

**Element: Belly Dance**  
\$15; amazon.com.

**LEVEL** 

**BEST FOR** Fans of Zumba-style workouts—people who like to groove and shake to a good beat  
**THE SCOOP** This energizing, total body workout really hits your core (without the crunches!). You get three different belly dancing routines: one that focuses on the basics, another for firming and toning and a third to build strength and stamina.

#### 'I TRIED IT!'

*"The belly roll was a little hard for me to get down at first, but with a little practice, I was able to figure it out. And the instructor had such a positive energy—I loved it."*



Sarah  
Overshiner, 22,  
College Station,  
Texas



Turn your  
living room  
into your very  
own gym.

## LOSE WEIGHT WITH YOUR LAPTOP

...or your smartphone or tablet! With streaming video sites, you can access hundreds of hours of workouts anywhere there's Wi-Fi, for less than the cost of a new DVD every month (and way less than a gym membership). Here are two worth checking out.

GETTY IMAGES (EXERCISING WOMAN)