



**RUNNER UP**

**Ballet Beautiful Sculpt & Burn Cardio Blast by Mary Helen Bowers**

(\$19, balletbeautiful.com)

Former New York City Ballet dancer Bowers leads you through two challenging 30-minute mat workouts that require only light weights (filled water bottles work, too!). The ballet-inspired moves may be difficult for beginners to master, so this one's ideal if you have some barre experience.



**BEST DANCE CARDIO WORKOUT**

**Sarina Jain's Bhangra Blast**

(\$23, masalabhangraworkout.com)

Jain's Masala Bhangra method combines moves from bhangra—an energetic Indian dance—and the sexy dancing in modern Bollywood films. You'll learn simple steps that leave you sweating and the good kind of sore (not to mention ready to impress other guests at the next Indian wedding you attend). Our tester recommends clearing a

wide space to dance, and wearing sneakers to protect your feet.

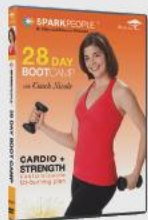


**RUNNER UP**

**Dance Off the Inches Cardio Hip Hop Party**

(\$15 for DVD or download, amazon.com)

The oh-so-encouraging Jennifer Galardi works you through three styles of hip-hop—you'll do everything from the Cabbage Patch to video vixen-esque body rolls that get even Galardi a little winded. Watch the step breakdown before you start so you can focus on getting an effective workout instead of struggling to learn moves. One caveat: We wish the routines were done to actual hip-hop music instead of keyboard-jingle imitations. But hey, you'll burn calories and the 43 minutes will fly by.



**BEST INTERVAL WORKOUT**

**SparkPeople 28-Day Bootcamp with Coach Nicole**

(\$13, acacialifestyle.com)

Serious about shaping up? This system delivers: You

get the workout itself (combine 12-, 20- and 30-minute segments for a total of about 80 minutes), plus access to an online meal plan and boot-camp club for support. Moves focus on cardio and strength, and fitness models demonstrate two modifications: an easier edition to accommodate injuries or lower fitness levels, and a challenging version if you're ready to step up your game.



**RUNNER UP**

**Natalie Jill's Rev4**

(\$20, nataliejillfitness.com)

If you're easily bored and have a small space to work out, you'll like this no-equipment sequence. The 10-minute segments are over before you know it, and our tester appreciated Jill's attitude toward exercise: You don't have to beat up your body to achieve great results.



**BEST FULL-BODY TONING WORKOUT**

**Tracey Mallett's F.I.T. Functional Intensity Training**

(\$17, traceymallett.com)

During this tough-but-fun routine, you'll

devote 25 minutes to lower body, 25 minutes to upper body, and 20 minutes to core and stretching, all of which combine sculpting with Tabata-inspired cardio drills. It's hard to do high-intensity workouts on your own with perfect form, so Mallett's targeted pointers (e.g., "Keep your booty down" when your booty is *so* not down) help you tone all over without putting yourself at risk for injury—our tester said it was like having a personal trainer in her living room. Mallett's cute British accent doesn't hurt, either!



**RUNNER UP**

**Resist by Gino Caccavale**

(\$60, amazon.com)

OK, we know the cover art looks intimidating, and yes, Caccavale is a former Police Academy drill instructor, corrections officer and bounty hunter—but don't let him scare you. He'll lead you through 20 dumbbell movements (1 minute each, 20 seconds of rest in between) that combine cardiovascular exercise and resistance training for a truly complete workout in only half an hour. Our tester loved the variety of moves and felt toned all over, thanks in part to Caccavale's surprisingly encouraging attitude.