

# Get Fit At Home

Peep our uncensored reviews of the latest fitness DVDs

July 1, 2005 By Vonetta Booker-Brown

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## >>**Billy Blanks, BootCamp (BillyBlanks.com; \$40)**

These workouts, with Blanks' butt-whipping brew of punches, kicks and high-octane cardio, are no joke. Rubber Billy Bands, which come with four DVDs, add resistance. Note to self: First try the workout sans bands, 'cause they ratchet the challenge level up to "killer."

Sweat Factor: 5 It ain't called "boot camp" for nothing.

Originality: 3 The bands put a new twist on familiar moves.

Fun Factor: 4 Blanks is enjoyable, but no picnic!

## >>**MaDonna Grimes, African Beat-Latin Heat (NaturalJourneys.com; \$15)**

Grimes and crew really seem to be having a good time in this 30-minute workout. A well-paced warm-up and cool-down bookend the innovative, easy-to-follow African- and Latin-dance-inspired moves.

Sweat Factor: 3 The funk is in the beats (not your sports bra).

Originality: 4 There's lots of creative flavor.

Fun Factor: 5 The team's energy is contagious!

## >>**Victoria Johnson, Cardio Dance Party (VictoriaJohnson.com; \$10)**

This "jam" is fine if you want to get your sweat on. But you may be a laughingstock if you bust these moves in public. The steps, outfits and set design look to be circa 1992.

Sweat Factor: 4 Break out the towel!

Originality: 1 Been there, done that.

Fun Factor: 2 Would be a 1, but you'll keep laughing at the moves.

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