Top Discs for Trimming and Toning

Another way to work out at home: Pop in a DVD or tape and follow along. Here are three favorites for aerobics and conditioning.

November 28, 2006 By Alicia Villarosa

Donna Richardson's SWEATING IN THE SPIRIT
(Beginner, 55 minutes)

A full-body aerobics and toning regimen in three segments—cardio, Pilates/strength and stretch—all done to great gospel music. (DVD $19.95; VHS $14.95)

Donna Richardson's OLD-SCHOOL DANCE PARTY
(Intermediate; 45 minutes)

Classic hip-hop and dance moves to '80s and '90s hits. Easy-to-follow cuing keeps you moving through a lengthy cardio segment. (DVD and VHS each $19.95)

Crunch: BURN AND FIRM PILATES
(Beginner/Intermediate; 48 minutes)

A fast-paced cardio segment also builds strength and balance; a mat routine stresses form. Light dumbbells are used in both segments. (DVD $14.95; VHS $9.95)

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