

pilates for men with sean vigue

LEVEL All

EQUIPMENT Mat

WHO Sean Vigue, owner of Motley Fitness in Florida, is certified by the Pilates Institute of America and has accreditation in Pi-Yo, yoga, Spinning and personal training.

WHAT Floor work performed in three progressive parts, including classic moves such as Criss-Cross, Arm Circles, Swimming and Corkscrew.

WHERE The focus on spine articulation, muscle isolation, flexibility and strengthening makes for an economically savvy workout.

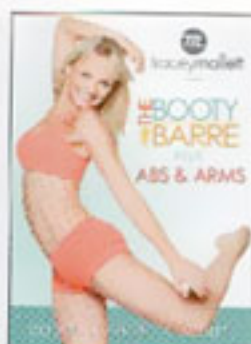
HOW INTENSE The first segment is the perfect intro for novices; the second segment builds on the first with appropriate challenges for those who've mastered the basics; the third is fairly intense and only for those who've perfected the first two parts and built stamina.

BUY THIS BECAUSE Executed with a comfortable combination of humor and straight-talk, this workout is the perfect introduction to Pilates for macho types who think the discipline is for sissies.

SPECIAL FEATURES/BONUS You'll know you're in for a good time as soon as you see the intro of Vigue playing the piano and warbling "The Tennessee Waltz." Plus, Vigue's dad, aimlessly wandering around between segments, is a hoot. An additional short, advanced workout is thrown in for good measure.

35 minutes, \$20

Sean Vigue and Motley Fitness
www.motleyfitness.com



the booty barre plus abs & arms

LEVEL all

EQUIPMENT mat, 3- to 5-pound hand

WHO Master BASI Pilates-certified Pilates instructor and PMA member Tracey Mallett, the co-owner of ATP Specific Training and Physical Therapy in Pasadena, CA

MUSCLES TARGETED Even though the subtitle is "Abs & Arms," with Mallett's cues on tightening abs and doing deep pliés and high kicks, this is a fine-tuned total-body workout.

WHAT This four-part workout begins with Fusion Warm-Up, a combination of fluid yoga and ballet moves, followed by the aptly named Killer Arms segment, because it's performed on tiptoes, with curtsies, kicks and deep squats. You'll feel like a ballerina when you transition to the Booty Barre and Abs (which should be renamed Killer Calves and Thighs); her Core Challenge is equally killer but manages to make ab work fun.

INTENSITY This is a sweat-inducing workout that'll get your thighs, calves and arms feeling the good burn. Even pro dancers will be challenged by the ballet barre workout (performed with a chair), although modifications are provided for the balance-challenged.

BUY THIS BECAUSE Mallett knows what she's doing. With more than 25 fitness DVDs to her credit, she's still able to come up with a fresh, fun program that'll actually get you to think, I want to try that!

SPECIAL FEATURE/BONUS Mallett is a professional dancer and it shows. She's a delight to watch.

80 minutes, \$19.95

Tracey Mallett Fitness
www.thebootybarre.com



breast cancer rehab on equipment, cancer rehab pro series

LEVEL Basic exercises for those in recovery from breast cancer treatment and surgery

EQUIPMENT Reformer, platform extender, jumpboard, Magic Circle, Arc Barrel and rotational disks (sticky grip mat and cushion, optional)

WHO Master instructor trainer P.J. O' Clair, the owner of Northeast Pilates, the STOTT PILATES® training center in Massachusetts, Rhode Island and New Hampshire.

WHAT Aimed at instructors and experienced Reformer users, 31 exercises—including Mermaid, Port de Bras, Scapula Isolation, Cat, Breast Stroke—are explained and demonstrated step-by-step, with appropriate cautions and modifications for those recovering from breast cancer surgery or treatment.

MUSCLES TARGETED A total-body workout that addresses muscular imbalances, restores mobility, and helps to regain strength and improve posture.

INTENSITY Gentle. Cautions are suggested by the instructor throughout to ensure a safe, injury-free workout. Special attention is paid to those with reduced arm mobility.

BUY THIS BECAUSE There is no other instructional DVD for breast cancer survivors that is designed to be as safe and effective. Plus, it helps to restore a feeling of well-being that can't be equaled by any ordinary exercise DVD.

SPECIAL FEATURES/BONUS You can access a specific exercise with the handy chapter selection feature rather than fast-forwarding through the entire DVD.

47 minutes, \$47.95

Merrishew Entertainment
www.stottpilates.com