

# fourth annual *pilates style* DVD awards

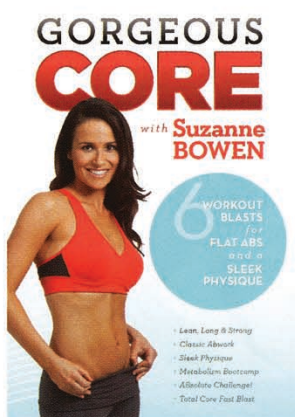
we honor some of the best workout videos of 2010

by Amanda Altman

When I first started working at Pilates Style, back in 2006, I remember having to call publishers and solicit Pilates DVDs to review in our “Homework” column. Fast-forward another four years, and my mailbox is jam-packed with more workout videos than I can count. This is great news for practitioners—and pros—looking for an affordable way to spice up their routine, get back on track or learn an entirely new skill

set. There’s a vid out there for just about any lifestyle, whether you’re stuck at home with an infant or at the office all day.

But with so many choices and so little time, we knew we had to come to the rescue once again. We put in the tough, calorie-burning hours to test drive as many workout videos as possible. With full admission of subjectivity (you know the drill!), here are our top 10 picks, which we felt delivered on their promises.



## Pilates Express *Gorgeous Core*

**Instructor:** Pilates instructor and Lotte Berk-trained Suzanne Bowen is the founder of BarreAmped and the owner of Seren Motus Fitness studios in Franklin, TN.

**Level:** all

**Equipment:** mat, optional chair and pillow

Six segments—all 12 minutes or less—feature heart-revving Pilates and ab exercises to strengthen and tone your midsection and back. We love the five-minute on-the-go segment, which features a killer routine you can take anywhere.

60 Minutes (\$17.95)

Suzanne Bowen Fitness

**Find it:** [amazon.com](http://amazon.com)



## Rockin' Instructor Award *Darien Gold presents The Original Intermediate Pilates Mat Repertoire*

**Instructor:** Second-generation teacher Darien Gold, who studied under the tutelage of Romana Kryzanowska, is the owner of Studio Darien in Hollywood.

**Level:** all

**Equipment:** mat

Experience Romana's full intermediate matwork, complete with transition. For newer students, a second segment breaks down each exercise, with text cues and step-by-step instructions.

Pure Gold Pilates, LLC

50 minutes (\$19.95)

**Find it:** [amazon.com](http://amazon.com)