

great shape

Get trim, toned & happy—at home

Winter blahs dragging you down? These DVDs will lift your spirits while melting hibernation pounds

Bonus!
A tight tush

ACHE ENDER: BARRE

The ballet-inspired moves in *BarreAmped Fire Extreme Sculpt* (\$17, Amazon.com) target muscles at the optimal point of contraction to speed tush toning. What's more, this effect releases built-up tension in muscles, easing pain and soreness.

TUSH-TIGHTENING MOVE: Holding the back of a chair, lean forward and bend your left knee up behind you; pulse the leg up 20 times, then switch sides.



Suzanne Bowen

Bonus!
Slim hips

CONFIDENCE ENHANCER: COUNTRY DANCE

Grooving to the beat in *Country Heat* (\$60, BeachBody.com, or try free for 30 days at BeachBodyOnDemand.com) works the quads and hamstrings to quickly firm love handles. Plus, tuning in to how your hips swivel improves body confidence instantly.

THIGH-TRIMMING MOVE: Kick your left foot behind you and tap your heel with your hand. Do 10 reps, then switch legs.



Autumn Calabrese