



Weight Loss Pilates with Kristin McGee

DVD instructor: Kristin McGee, instructor at Reebok Sports Club and Equinox, NYC

Level: intermediate to advanced

Equipment: mat

If you're up for a challenge, you need look no further than Pilates Style cover girl Kristin McGee's fast-paced cardio and Pilates sweat sessions. Set in two different locations—an indoor space surrounded by candles and pretty greenery and a sunny outdoor deck—both of the 20-minute workouts require a more extensive Pilates knowledge. Workout 1 alternates heart-revving moves, including jumping marching, with Pilates exercises like Single-Leg

Circles, Criss-Cross and Double-Leg Teaser. The affable McGee adds a personal touch with original exercises like "Charlie's Angels" (you point your finger in a gun shape). Even more difficult, the second session incorporates boxing, lunges, Pilates jumping jacks, Side Plank Twists, Floating Mermaid and another original move—Ballerina Butt-lifts. There's also a warm-up (which starts off slowly with breathing, toe taps and bridging) and a cooldown, with tons of stretching. Bonus: The vid comes with a 16-page booklet with eating tips and healthy recipes taken from *Cooking Light* magazine.

50 minutes (\$14.99)

Acacia

Find it: acacialifestyle.com