

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.



Best Beginner

Pilates! A Gentle Formula to a Strong Body

Instructor: Risa Sheppard, owner of Sheppard Method Pilates studios in Southern California.

Level: beginner–intermediate

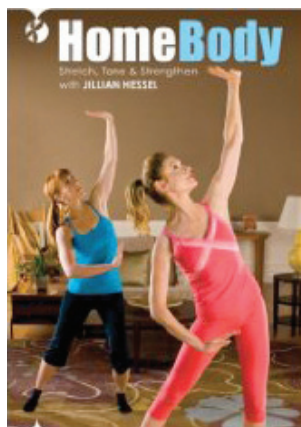
Equipment: mat

A must-have for newbies, since it provides an unimpeccable, total-body workout, complete with stretching and modifications.

60 Minutes (\$19.95)

The Sheppard Method, Inc.

Find it: sheppardmethod.com



Most Proper And Principled

Home Body with Jillian Hessel

Instructor: Second-generation teacher Jillian Hessel is the owner of Jillian Hessel Pilates in Los Angeles.

Level: all

Equipment: mat, towel or blanket; 1- to 5-pound hand weights or water or ketchup bottles; chair; small throw pillow

This Pilates, dance and yoga hybrid features squats, lunges and dips galore. Jillian’s unique cues and beginner tutorial are nothing short of masterful.

60 Minutes (\$12.99)

The Well Tempered Workout, Inc.

Find it: jillianhessel.com