


Compare Fitness Programs

Best Sellers

Our most popular, effective, and complete programs to help you achieve your fitness and weight loss goals.

| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
|-------------------------------|---|---|---------------|---|---|
| BEST-SELLING FITNESS PROGRAMS |  P90X [®] |  Tony Horton | 45–60 minutes | Advanced total-body training program focused on abs, legs, chest, back, and arms. | Twelve routines that keep introducing new moves and challenging your muscles to get you absolutely ripped in 90 days. |
| |  Slim in 6 [®] |  Debbie Siebers | 25–50 minutes | Full-body slimming and toning focused on abs, thighs, buns, and hips. | Combines cardio with light resistance moves to burn fat and reshape your body in 6 weeks. |
| |  Turbo Jam [®] |  Chalene Johnson | 20–45 minutes | Calorie burning and total-body sculpting focused on abs and thighs. | Kickboxing and body sculpting to the hottest tunes to burn more calories than almost any other exercise. |
| |  INSANITY [®] |  Shaun T | 30–60 minutes | Transform your body in 60 days with the most intense workout program ever put on DVD. | MAX Interval Training—you perform long bursts of maximum-intensity exercise with short periods of rest. |
| |  Brazil Butt Lift [®] |  Leandro Carvalho | 30–50 minutes | Reduce your hips, slim your thighs, and lift your butt while you burn fat and melt away saddlebags. | Combines Brazilian dance, cardio, and signature sculpting moves with Leandro's proven TriAngle Training method that works your butt from multiple angles. |
| |  10-Minute Trainer [®] |  Tony Horton | 10 minutes | Full-body workout in only 10 minutes a day. | Combines fat-burning cardio, total-body sculpting, and ab moves all at the same time for maximum efficiency! |
| |  Hip Hop Abs [®] |  Shaun T | 25–45 minutes | Calorie-burning cardio and total-body sculpting focused on abs and core. | Fun hip hop dance moves set to hot music to burn fat and sculpt lean sexy abs. |

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Weight Loss

| These programs will help you burn off the pounds to reach your weight goal. | | | | | |
|---|--|---|---------------|--|---|
| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
| WEIGHT LOSS FITNESS PROGRAMS |  Slim in 6 [®] |  Debbie Siebers | 25–50 minutes | Full-body slimming and toning focused on abs, thighs, buns, and hips. | Combines cardio with light resistance moves to burn fat and reshape your body in 6 weeks. |
| |  Turbo Jam [®] |  Chalene Johnson | 20–45 minutes | Calorie burning and total-body sculpting focused on abs and thighs. | Kickboxing and body sculpting to the hottest tunes to burn more calories than almost any other exercise. |
| |  RevAbs [™] |  Brett Hoebel | 15–45 minutes | Fat-burning cardio, muscle-building and sculpting focused on abs and core. | Abcentrics [™] , Capoeira, cardio intervals, strength training, and ab/core work to get you six-pack abs in 90 days. |
| |  Brazil Butt Lift [®] |  Leandro Carvalho | 30–50 minutes | Reduce your hips, slim your thighs and lift your butt while you burn fat and melt away saddlebags. | Combines Brazilian dance, cardio, and signature sculpting moves with Leandro's proven TriAngle Training method that works your butt from multiple angles. |
| |  Power 90 [®] |  Tony Horton | 35–45 minutes | Fat burning and total-body sculpting focused on abs, thighs, and upper body. | 90-day boot camp featuring fast and effective circuit-training workouts to transform your body in as little as 35 minutes a day. |
| |  Rockin' Body [®] |  Shaun T | 15–45 minutes | Calorie-burning cardio and full-body sculpting moves. | Party off the pounds as you dance and sweat to the hottest hits of all time. |
| |  Hip Hop Abs [®] |  Shaun T | 25–45 minutes | Calorie-burning cardio and total-body sculpting focused on abs and core. | Fun hip hop dance moves set to hot music to burn fat and sculpt lean sexy abs. |

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Advanced

Once you've completed a Best Sellers program and you're ready to take your results to the next level.

| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
|---------------------------|--|---|--------------------|---|---|
| ADVANCED FITNESS PROGRAMS |  INSANITY [®] |  Shaun T | 30–60 minutes | Transform your body in 60 days with the most intense workout program ever put on DVD. | MAX Interval Training—you perform long bursts of maximum-intensity exercise with short periods of rest. |
| |  One on One with Tony Horton |  Tony Horton | 45–60 minutes | Effective home workouts for every part of your body. | Every month, Tony delivers his latest workout from his home to yours. |
| |  P90X [®] Plus |  Tony Horton | 20–45 minutes | The next level of advanced total-body training to get you ripped beyond belief. | Intense new cardio, muscle chiseling, and ab-/core-ripping moves to incorporate with P90X to ramp up your results. |
| |  Hip Hop Abs [®] Ultimate Results |  Shaun T | 30–45 minutes | Advanced cardio and body-sculpting moves targeting abs and core. | High-energy dance moves set to hip hop music for cardio, strength, and advanced ab sculpting. |
| |  ChaLEAN Extreme [®] |  Chalene Johnson | 30–45 minutes | Advanced circuit training program develops lean, sexy muscle to help you burn up to 60% of your body fat for overall body transformation. | The proven 3-phase circuit training technique is guaranteed to give you results every 30 days—the more muscle you build, the more fat your burn because Muscle Burns Fat [®] ! |
| |  Turbo Jam [®] Fat Burning Elite |  Chalene Johnson | 30–50 minutes | Advanced kickboxing and body-sculpting moves focused on core, thighs, and upper body. | More intense targeted workouts to maximize your fat-burning and sculpting results. |
| |  Chalene Johnson's Get On the Ball! |  Chalene Johnson | 45–60 minutes | Advanced cardio and total-body sculpting focused on abs, core, and obliques. | Innovative moves with the Turbo Ball force your core muscles to work harder for fast, effective body transformation. |
| |  Slim Series [®] Express |  Debbie Siebers | 35 minutes or less | Advanced body slimming and toning focused on abs, thighs, butt, and hips. | Combines intense cardio with greater resistance to continue slimming and toning your body in under 35 minutes a day. |
| |  Yoga Booty Ballet [®] Master Series |  Gillian Marloth and Teigh McDonough | 20–35 minutes | Advanced sculpting workouts focused on abs, thighs, and booty. | Yoga and Pilates moves designed to target your abs and booty in special workouts for any time of day. |
| |  Power 90 [®] Master Series |  Tony Horton | 50 minutes | Advanced total-body workouts focused on core, legs, hips, and glutes. | Targeted, innovative new cardio and sculpting moves to get you lean and ripped in less time. |

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Express

| For busy people who need to squeeze in an effective workout in 35 minutes or less. | | | | | |
|--|---|--|--------------------|---|--|
| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
| EXPRESS FITNESS PROGRAMS |  10-Minute Trainer® |  Tony Horton | 10 minutes | Full-body workout in only 10 minutes a day. | Combines fat-burning cardio, total-body sculpting, and ab moves all at the same time for maximum efficiency! |
| |  Slim Series® Express |  Debbie Siebers | 35 minutes or less | Advanced body slimming and toning focused on abs, thighs, butt, and hips. | Combines intense cardio with greater resistance to continue slimming and toning your body in under 35 minutes a day. |
| |  Yoga Booty Ballet® Master Series |  Gillian Marloth and Teigh McDonough | 20–35 minutes | Advanced sculpting workouts focused on abs, thighs, and booty. | Yoga and Pilates moves designed to target your abs and booty in special workouts for any time of day. |
| |  Turbo Jam® LIVE! |  Chalene Johnson | 30 minutes | Calorie burning and targeted body toning focused on abs and booty. | Live classes with fun dance-party feel for slimming and sculpting and rockin' results. |
| |  Power Half Hour® |  Tony Horton | 30 minutes | Targeted body shaping focused on abs, arms, buns, and thighs. | Combines both cardio and targeted body sculpting for maximum results in just 30 minutes a day. |
| |  Great Body Guaranteed!™ |  Tony Horton and Debbie Siebers | under 10 minutes | Targeted body shaping focused on abs, arms, buns, and thighs. | Each move targets a specific zone to tighten and tone in under 10 minutes a day. |

Compare Fitness Programs

Abs/Core

These programs will target your core to give you flat, amazing abs.

| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
|---------------------------|---|--|------------------|---|---|
| ABS/CORE FITNESS PROGRAMS |  RevAbs™ |  Brett Hoebel | 15–45 minutes | Fat-burning cardio, muscle-building and sculpting focused on abs and core. | Abcentrics™, Capoeira, cardio intervals, strength training, and ab/core work to get you six-pack abs in 90 days. |
| |  Hip Hop Abs® |  Shaun T | 25–45 minutes | Calorie-burning cardio and total-body sculpting focused on abs and core. | Fun hip hop dance moves set to hot music to burn fat and sculpt lean sexy abs. |
| |  Turbo Jam® |  Chalene Johnson | 20–45 minutes | Calorie burning and total-body sculpting focused on abs and thighs. | Kickboxing and body sculpting to the hottest tunes to burn more calories than almost any other exercise. |
| |  P90X® |  Tony Horton | 45–60 minutes | Advanced total-body training program focused on abs, legs, chest, back, and arms. | Twelve routines that keep introducing new moves and challenging your muscles to get you absolutely ripped in 90 days. |
| |  Power 90® |  Tony Horton | 35–45 minutes | Fat burning and total-body sculpting focused on abs, thighs, and upper body. | 90-day boot camp featuring fast and effective circuit-training workouts to transform your body in as little as 35 minutes a day. |
| |  Yoga Booty Ballet® Ab & Butt Makeover |  Gillian Marloth and Teigh McDonough | 35 minutes | Calorie burning and full-body sculpting focused on abs and booty. | Combines ab-sculpting yoga, booty-lifting ballet, and fat-melting cardio for total-body results while targeting your core and lower body. |
| |  Yoga Booty Ballet® Master Series |  Gillian Marloth and Teigh McDonough | 20–35 minutes | Advanced sculpting workouts focused on abs, thighs, and booty. | Yoga and Pilates moves designed to target your abs and booty in special workouts for any time of day. |
| |  Great Body Guaranteed!™ |  Tony Horton and Debbie Siebers | under 10 minutes | Targeted body shaping focused on abs, arms, buns, and thighs. | Each move targets a specific zone to tighten and tone in under 10 minutes a day. |

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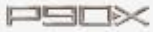













Dance

| Our best programs for dancing off the pounds and sculpting lean, sexy muscles. | | | | | |
|--|--|--|---------------|--|---|
| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
| DANCE FITNESS PROGRAMS |  Hip Hop Abs® |  Shaun T | 25–45 minutes | Calorie-burning cardio and total-body sculpting focused on abs and core. | Fun hip hop dance moves set to hot music to burn fat and sculpt lean sexy abs. |
| |  Shaun T's Dance Party Series™ |  Shaun T | 30–40 minutes | Calorie-burning cardio and body-sculpting moves targeting abs and core. | Hot new dance moves and all-new music provide even more fun and challenging ways to party off the pounds and inches. |
| |  Hip Hop Abs® Ultimate Results |  Shaun T | 30–45 minutes | Advanced cardio and body-sculpting moves targeting abs and core. | High-energy dance moves set to hip hop music for cardio, strength, and advanced ab sculpting. |
| |  Rockin' Body® |  Shaun T | 15–45 minutes | Calorie-burning cardio and full-body sculpting moves. | Party off the pounds as you dance and sweat to the hottest hits of all time. |
| |  Brazil Butt Lift® |  Leandro Carvalho | 30–50 minutes | Reduce your hips, slim your thighs and lift your butt while you burn fat and melt away saddlebags. | Combines Brazilian dance, cardio, and signature sculpting moves with Leandro's proven TriAngle Training method that works your butt from multiple angles. |
| |  Yoga Booty Ballet® Ab & Butt Makeover |  Gillian Marloth and Teigh McDonough | 35 minutes | Calorie burning and full-body sculpting focused on abs and booty. | Combines ab-sculpting yoga, booty-lifting ballet, and fat-melting cardio for total-body results while targeting your core and lower body. |
| |  Turbo Jam® LIVE! |  Chalene Johnson | 30 minutes | Calorie burning and targeted body toning focused on abs and booty. | Live classes with fun dance-party feel for slimming and sculpting and rockin' results. |

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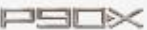













Extreme Results

Our most intense and challenging programs to get you absolutely ripped.

| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
|----------------------------------|---|--|---------------|---|--|
| EXTREME RESULTS FITNESS PROGRAMS |  INSANITY [®] |  Shaun T | 30–60 minutes | Transform your body in 60 days with the most intense workout program ever put on DVD. | MAX Interval Training—you perform long bursts of maximum-intensity exercise with short periods of rest. |
| |  P90X [®] |  Tony Horton | 45–60 minutes | Advanced total-body training program focused on abs, legs, chest, back, and arms. | Twelve routines that keep introducing new moves and challenging your muscles to get you absolutely ripped in 90 days. |
| |  P90X [®] Plus |  Tony Horton | 20–45 minutes | The next level of advanced total-body training to get you ripped beyond belief. | Intense new cardio, muscle chiseling, and ab-/core-ripping moves to incorporate with P90X to ramp up your results. |
| |  One on One with Tony Horton |  Tony Horton | 45–60 minutes | Effective home workouts for every part of your body. | Every month, Tony delivers his latest workout from his home to yours. |
| |  RevAbs [™] |  Brett Hoebel | 15–45 minutes | Fat-burning cardio, muscle-building and sculpting focused on abs and core. | Abcentrics [™] , Capoeira, cardio intervals, strength training, and ab/core work to get you six-pack abs in 90 days. |
| |  ChaLEAN Extreme [®] |  Chalene Johnson | 30–45 minutes | Advanced circuit training program develops lean, sexy muscle to help you burn up to 60% of your body fat for overall body transformation. | The proven 3-phase circuit training technique is guaranteed to give you results every 30 days—the more muscle you build, the more fat you burn because Muscle Burns Fat [®] ! |
| |  Chalene Johnson's Get On the Ball! |  Chalene Johnson | 45–60 minutes | Advanced cardio and total-body sculpting focused on abs, core, and obliques. | Innovative moves with the Turbo Ball force your core muscles to work harder for fast, effective body transformation. |
| |  Slim Series [®] |  Debbie Siebers | 60+ minutes | Advanced body slimming and toning focused on abs, thighs, butt, and hips. | Combines intense cardio with greater resistance to continue slimming and toning your body. |

Compare Fitness Programs




Cardio/Fat Burning

| Our most intense and challenging programs to get you absolutely ripped. | | | | | |
|---|---|--|---------------|---|--|
| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
| EXTREME RESULTS FITNESS PROGRAMS |  INSANITY [®] |  Shaun T | 30–60 minutes | Transform your body in 60 days with the most intense workout program ever put on DVD. | MAX Interval Training—you perform long bursts of maximum-intensity exercise with short periods of rest. |
| |  P90X [®] |  Tony Horton | 45–60 minutes | Advanced total-body training program focused on abs, legs, chest, back, and arms. | Twelve routines that keep introducing new moves and challenging your muscles to get you absolutely ripped in 90 days. |
| |  P90X [®] Plus |  Tony Horton | 20–45 minutes | The next level of advanced total-body training to get you ripped beyond belief. | Intense new cardio, muscle chiseling, and ab-/core-ripping moves to incorporate with P90X to ramp up your results. |
| |  One on One with Tony Horton |  Tony Horton | 45–60 minutes | Effective home workouts for every part of your body. | Every month, Tony delivers his latest workout from his home to yours. |
| |  RevAbs [™] |  Brett Hoebel | 15–45 minutes | Fat-burning cardio, muscle-building and sculpting focused on abs and core. | Abcentrics [™] , Capoeira, cardio intervals, strength training, and ab/core work to get you six-pack abs in 90 days. |
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| |  Slim Series [®] |  Debbie Siebers | 60+ minutes | Advanced body slimming and toning focused on abs, thighs, butt, and hips. | Combines intense cardio with greater resistance to continue slimming and toning your body. |

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Getting Started

Designed to help people of all ages and fitness levels achieve their goals.

| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
|----------------------------------|---|--|---------------|--|---|
| GETTING STARTED FITNESS PROGRAMS |  Turbo Jam® |  Chalene Johnson | 20–45 minutes | Calorie burning and total-body sculpting focused on abs and thighs. | Kickboxing and body sculpting to the hottest tunes to burn more calories than almost any other exercise. |
| |  Slim in 6® |  Debbie Siebers | 25–50 minutes | Full-body slimming and toning focused on abs, thighs, buns, and hips. | Combines cardio with light resistance moves to burn fat and reshape your body in 6 weeks. |
| |  Rockin' Body® |  Shaun T | 15–45 minutes | Calorie-burning cardio and full-body sculpting moves. | Party off the pounds as you dance and sweat to the hottest hits of all time. |
| |  Power 90® |  Tony Horton | 35–45 minutes | Fat burning and total-body sculpting focused on abs, thighs, and upper body. | 90-day boot camp featuring fast and effective circuit-training workouts to transform your body in as little as 35 minutes a day. |
| |  Yoga Booty Ballet® Ab & Butt Makeover |  Gillian Marloth and Teigh McDonough | 35 minutes | Calorie burning and full-body sculpting focused on abs and booty. | Combines ab-sculpting yoga, booty-lifting ballet, and fat-melting cardio for total-body results while targeting your core and lower body. |

Compare Fitness Programs

Specialty Programs

| Workouts designed for younger people, older people, and people with special needs. | | | | | |
|--|--|---|---------------|---|---|
| | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS |
| SPECIALTY FITNESS PROGRAMS |  Kathy Smith's Project: YOU! Type 2™ |  Kathy Smith | 20–60 minutes | The first all-in-one, simple solution to help manage type 2 diabetes. | Helps prevent and control type 2 diabetes by providing an easy-to-follow, step-by-step nutrition plan and exercise program that works for all fitness levels! |
| |  Total Body Solution™ |  Debbie Siebers | 15 minutes | Help relieve pain in your neck, shoulders, core, lower back, and knees. | These easy-to-follow drills will help relieve pain and prevent strain to get you back to your active lifestyle. |
| |  Get Real with Shaun T™ |  Shaun T | 25–30 minutes | Cardio and strength training for kids ages 9 and up. | Have a blast as you alternate daily cardio and strength training workouts to manage weight and fitness. |
| |  Fit Kids Club |  Shaun T | 25 minutes | Fun workouts for kids 7 and up to burn calories and get fit. | Light cardio and fun choreography to get kids of all shapes and sizes up and moving. |
| |  Tony & the Kids! |  Tony Horton | 30 minutes | Fun and simple moves for kids 5 and up to improve their coordination, balance, and flexibility. | Combines stretching, hopping, jumping, kicking, and twisting to help burn off kids' excess energy. |
| |  Tony & the Folks! |  Tony Horton | 30 minutes | Low-impact exercise for anyone age 55 and up. | A fun way to increase energy, reduce joint stiffness, and improve flexibility, strength, and balance. |