



3 Jennifer Gianni's Fusion Pilates for Pregnancy

Tapeworm, 2004; fusionpilates.com

Features: Pilates, strength moves, stretching, breathing techniques

Run time: 65 minutes

Highlights: Led by Pilates Master Trainer Jennifer Gianni, who was in her third trimester during

taping, this program features classical Pilates technique with a yoga twist and modifications for all three trimesters. Focusing on the changes your body experiences as pregnancy progresses, this program demonstrates strengthening moves that will prevent common aches and pains and prepare you for labor.

Recommended props: Dowel or broomstick; sturdy stool or armless chair; small rubber ball; pillow; light dumbbells or soup cans; yoga mat, carpet or rug

Why we like it: Gianni is a gracious instructor, and we especially love the smooth, progressive flow of the exercise sequence and the attention to modifications.

Real mom's comment: "I liked the specific exercises this DVD had to offer and the aesthetic look of the video's location. Gianni seemed very happy and friendly, and that made me feel very comfortable." —ROSELI SINGER, ENCINO, CALIF.

Our favorite move:

TABLE TOPS Sit on the floor with your knees bent and shoulder-width apart, feet flat on floor and wrists directly under your shoulders. Draw your belly in and raise your chest, keeping your neck long. Inhale, then exhale as you raise your hips even with your knees while straightening your arms; squeeze your thighs and buttocks (shown). Slowly lower your hips to the floor and repeat. *Strengthens hips, thighs, back, arms and abs; improves posture.*

4 Leisa Hart's FitMama: Prenatal Workout

Goldhil Entertainment, 2003; naturaljourneys.com

Features: Salsa dance, yoga, labor prep, ab exercises, stretching, relaxation

Run time: 60 minutes

Highlights: This energetic workout is taught

by fitness professional Leisa Hart, who was well into her third trimester during the taping. Modifications are demonstrated for all three trimesters, and bonus sections detail labor positions and a self-check for diastasis recti (separation of the abdominal muscles).

Recommended props: Large towel for propping; yoga mat, carpet or rug; yoga strap or long rectangular towel; yoga ball

Why we like it: Hart is motivating and enthusiastic, and the Latin-tinged music is upbeat. She pays great attention to detail, such as demonstrating specific breathing techniques throughout the workout and reminding you to drink enough water. In fact, she talks as if she were right there in your living room.

Real mom's comment: "I love salsa dancing, and this DVD is something that I would definitely use and enjoy doing at home. I loved the music—it made me feel sexy, and I had fun with it."

—OLGA DZILVELIS, WOODLAND HILLS, CALIF.

Our favorite move:

CARDIO SALSA DANCE STEPS Stand with your feet farther than hip-width apart. Take a step to the front with your left foot, rocking onto the foot in a mambo step; sway your hips and wave your arms over your head (shown). Bring your arms back down as you step back onto your left foot and bring your feet together. Repeat with the other foot. *A fun cardio move that helps you feel sexy as your belly grows.*