

SELF

3,437
Freebies
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THE
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TRICK

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THINNER
INNER THIGHS
Look amazing
in your jeans

\$3.99 US
OCTOBER 2011
\$4.99 FOREIGN



fit body



TV tone-ups tested!

Are you three easy payments away from your dream body? SELF weighs in on seven infomercial items to see if the hype holds up. By Jaclyn Emerick



METAMORPHOSIS

THE CLAIM "You will transform your body, defy your genetics and create the body you never thought possible."

THE GIST Identify your shape from four options based on how different women gain and store weight. Then, over nine DVDs, Tracy Anderson leads you through equipment-free cardio and strength exercises. Do one hour-long workout six days a week for 90 days. The extremely low-calorie diet is strict—hardly any grains or dairy—and falls very short on calcium. (SELF recommends 1,000 milligrams of calcium from foods like lowfat dairy.)



\$90; TracyAndersonMethod.com

I've lost 21 pounds in 90 days! I feel strong and lean, I have more energy, and I'm sleeping better. It's a lifestyle change, but it's entirely worth it and so much fun!
—Kristen Saladino, senior market editor
TESTER'S TAKE ★★★★★

10-MINUTE TRAINER

THE CLAIM Clock all of your cardio and strength training in only 10 minutes a day for "amazing results in record time."

THE GIST Tony Horton, the guru behind celeb favorite P90X, created this intense workout. Do at least one of the five 10-minute DVDs daily for a month. You get a mix of cardio drills, such as side shuffling, a resistance band for sculpting moves and a meal plan of 10-minute dishes (a low 1,200 calories—SELF suggests a minimum of 1,400 for weight loss).



I lost a few pounds and an inch off my waist in a month, even though I didn't do the diet. The DVDs are so speedy, I could do two a day, and I have the defined arms to prove it.
—Marissa Stephenson, fitness editor
TESTER'S TAKE ★★★★★

\$80; BeachBody.com

3-MINUTE LEGS

THE CLAIM "It's a three-minute miracle! Your jeans will be too loose within two weeks."

THE GIST Sit on this crazy contraption, which is meant to hold your form while you squat and lunge so you don't put pressure on joints, and follow the three-minute DVD routine five or six days a week for four weeks. It also comes with a walking program and a 1,200- to 1,400-calorie meal plan.



\$114; Thane.com

The first time I hopped on, I really felt the burn, even though I looked silly doing the moves. But the workout became less challenging the more I did it. It's probably better for fitness newbies, not a regular exerciser like me.
—Lindsey Benoit, senior public relations manager
TESTER'S TAKE ★★★★★

BENDER BALL

THE CLAIM "The Bender Ball gives you a workout that's up to 408 percent more effective than ordinary crunches!"

THE GIST Position the inflatable 8-inch ball under your lower back, and follow the DVD's 15-minute medley of souped-up tummy toners. Use it on your lower body, too: A butt and thigh routine is included. There's a low-calorie meal plan online, but it falls short of healthy fats (which you need to absorb certain vitamins).



\$13; BenderBall.com



I didn't end up with a super sculpted stomach, but I feel stronger in my core. Because the workout is only 15 minutes, it's easy to do every day. And the ball is portable. I even brought it on a cruise!
—Hadley Garrettson, art assistant
TESTER'S TAKE ★★★★★