

# Detroit Free Press

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## Health news

### YOUR WORKOUT: 'Extreme Makeover' covers all the bases

January 18, 2005

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If the new dietary and exercise guidelines released by the federal government last week have you vowing to start a fitness program, there's a new workout DVD that you should add to your collection right now.

It's "Extreme Makeover Fitness: Weight Loss Workout for Beginners," a versatile program that offers toning and aerobic conditioning in one efficient, well-conceived package.

As you can probably tell by the title, it's a spinoff of ABC's "Extreme Makeover" show, and it's released by Buena Vista Home Entertainment, an arm of Disney, ABC's parent company. Though the TV show's plastic-surgery aspect has gotten the most publicity, "Extreme Makeover" also sends its subjects to trainer Robert Reames, who devises fitness routines for them.

Reames is the fitness guru on "Weight Loss Workout for Beginners," and he's a personable, encouraging leader.

He serves as trainer and fitness partner for three women, working with each individually in the program.

And what a versatile program it is. This DVD takes full advantage of the programmable aspects of the technology.

The routines focus on three main areas of the body: upper body, abs and lower body. For each area, there is a cardiovascular segment, a toning segment and a cool-down segment. These nine sections, each about 10 minutes long, are then combined in various ways to create workouts.

You can do a 30-minute abs routine, for example, and use the aerobics, toning and cool-down sections that focus on abs.

You can make your own routine, choosing the segments you prefer each day.

Or -- and this is the best feature -- you can let the DVD do the organizing for you. The program includes seven total-body workouts, one for each day of the week. They vary in length from 35 to 48 minutes, and include a slightly different lineup of segments each day.

On Monday, for example, the 48-minute routine begins with lower-body cardio, then moves to upper-body cardio, upper-body toning, abs toning and abs cool-down.

Tuesday's 35-minute program includes abs cardio, lower-body cardio, lower-body toning and lower-body cool-down.

The exercises are mostly classic moves such as squats, lunges, crunches and

**"Extreme Makeover  
Fitness: Weight Loss  
Workout for Beginners"**

Cost \$19.99 (DVD)

To order: [www.amazon.com](http://www.amazon.com)

**Types of moves:** High-impact aerobics and toning for the whole body.

**Fitness level:** Beginner-intermediate.

**Equipment:** Cushioned athletic shoes, hand weights, sturdy straight-backed chair.

**Risky moves:** None, but the routine is filled with lunges, squats and jumping. Protect your knees.

**Tip:** Get to know the DVD's programmed routines before you attempt to customize your own.

push-ups, but Reames tweaks them a bit so they aren't boring. Push-ups are done with feet on the floor and hands gripping the seat of the chair, for example.

The daily variety helps stave off boredom and prevent overworked muscles. And if you do the routines each day, you'll have a well-rounded program over the course of the week.

Although all of these choices might seem overwhelming, the DVD offers clearly organized menus that make it easy to select your routine. Perhaps the only shortcoming is that it's sometimes difficult to see which of the on-screen choices is highlighted.

There are modifications for beginning exercisers, with a split screen that shows full-body views of the exercisers doing the easier and harder versions.

There's also a personal-trainer feature that can be turned on, providing more detailed instructions about the moves. It's especially helpful for those new to exercise, though veterans will learn things, too. It's a nice bonus in a program that is clearly one of the best around.

**HOLLY HANSON**, a *Free Press* copy editor, has been working out with exercise videos since Jane Fonda produced her first tape. Contact her at 313-223-4525 or [hanson@freepress.com](mailto:hanson@freepress.com).