

Compare Fitness Programs

Find the best workout program for your goals with our comparison chart below.

| BEST SELLERS | WEIGHT LOSS | ADVANCED | EXPRESS | ABS/CORE | DANCE | EXTREME RESULTS | CARDIO/FAT BURNING | GETTING STARTED | SPECIALTY PROGRAMS |
|---|---|---|--|---|--------------|-----------------|--------------------|-----------------|--------------------|
| <p>Our most popular, effective, and complete programs to help you achieve your fitness and weight loss goals.</p> | | | | | | | | | |
| BEST-SELLING FITNESS PROGRAMS | PROGRAM | TRAINER | WORKOUT | BENEFITS | HOW IT WORKS | | | | |
| |  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. | | | | | |
| |  Body Gospel®  Donna Richardson Joyner | 10–45 minutes | Calorie-burning cardio, core exercises, and strength training to tone and tighten your entire body. | Inspirational gospel music powers you through cardio and light resistance workouts to help burn fat and reshape your body. | | | | | |
|  TurboFire®  Chalene Johnson | 10–55 minutes | Burn up to 9x more fat and calories than with traditional cardio. | High Intensity Interval Training (HIIT) ignites your metabolism and helps your body burn calories for up to 48 hours after your workout. | | | | | | |