



3 web sites worth the money

Get access to trainer-designed cardio and strength routines, all in the comfort of your home.

1 demandfitness.com Pay just \$100 per year (or \$5 for a week-long pass), and you can access more than 230 fitness videos on your computer.

2 fitwisetraining.com Download any of the 150 strength training, yoga, Pilates, and t'ai chi moves to your computer, video iPod, or smart phone for just \$2 each. You can also purchase 10- to 12-move workouts for \$10 apiece.

3 hyperstrike.com For \$90 per year, you'll get an online fitness assessment, more than 600 video exercises with detailed instructions, and a workout calendar to log your progress. —MARISSA STEPHENSON