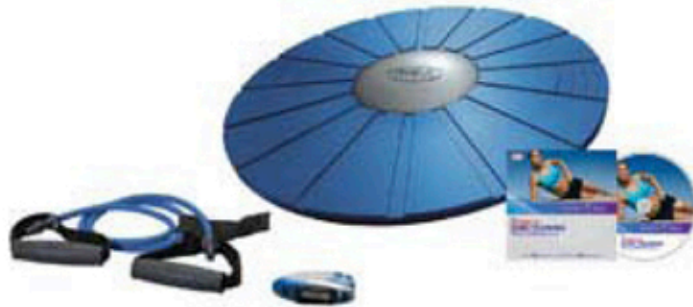


# Gabby's 15-Minute Fitness Plan

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Gabrielle Reece knows about fitness, so it's no wonder the professional volleyball player and model is bringing that knowledge to the masses through a new line of workout DVD kits, [the Bell Express 15](#).

Each of the five different workouts—Strength, Cardio, Core Training, Fit and Slim and the 30 Day Challenge—can be completed in just 15 minutes.

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"The key to real success in fitness is consistency," says Reece, who developed the kits with fitness expert Mike Monroe. "If people enjoy them and think, 'I know it's only going to be hard for 15 minutes,' that encourages them and creates motivation." (Beyond the 15-minute workout, there are also a warm-up and cool-down periods, for a total of nine additional minutes.)

The length and progression of the routines are integral. "The workouts hit all areas of the body and are dynamic," says Reece. "So whatever time you're investing, you're getting more for your money." Indeed, at \$29.99, the kits pack quite a punch, with an instructional DVD, a three-function pedometer and exercise tools that range from hand weights and body balls to a wobble board and resistance bands. Further support, from recipes to inspiration, can be found at Reece's Website, [GoToGabby.com](#).

The model-athlete is also developing a series of three DVDs with workouts targeted for each trimester of pregnancy. She's currently pregnant with her second child, due in January, so you can be sure she'll bring all her experience to bear.

The single purpose of each DVD workout? "Getting someone who's not moving to move," says Reece.

Bell Express 15 kits will be available in December at [Target](#) (in store and online), [HEB](#) and [Fred Meyer](#). Can't wait? Kits ordered through Gabby's [site](#) start shipping November 15.

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