

## 4-Week Master Rotation Calendar

Follow the rotation below, mix and match from our “Walk STRONG” calendar as you see fit, or use it as a suggested guide to create your own personal plan. Don't have the video for the recommended daily

workout? No prob! Just skip ahead to the next one on the list you have. **After your four weeks are up, feel free to take a week off and add in new workouts, or simply start over again at week one.**

WEEK 1	<b>DAY 1</b> <span>DID IT!</span> <b>30-Minute Upper Body Circuit Walk</b> Metabolism Booster	<b>DAY 2</b> <span>DID IT!</span> <b>55-Minute Flat Abs Power Walk</b> <i>(Premix #1)</i> Walk Off Belly Fat	<b>DAY 3</b> <span>DID IT!</span> <b>30-Minute Lower Body Circuit Walk</b> Metabolism Booster	<b>DAY 4</b> <span>DID IT!</span> <b>30-Minute HIIT Walk + 15-Minute Healthy Back Bonus</b> 5-Day Fat Burn, 30-Day Plan	<b>DAY 5</b> <span>DID IT!</span> <b>30-Minute Toning Walk</b> 5 Day Fat Burn, 30 Day Plan	<b>DAY 6</b> <span>DID IT!</span> <b>30-Minute Cardio Core Walk</b> 21 Day Weight Loss Plan	<b>DAY 7</b> <span>DID IT!</span> ACTIVE REST DAY! <b>10-Minute Chair Stretch</b> <i>(optional)</i> 10-Minute Quick Walk Mix			
	WEEK 2	<b>DAY 8</b> <span>DID IT!</span> <b>40-Minute Mega Burn</b> 3 Weight Loss Walks, 30 Day Plan	<b>DAY 9</b> <span>DID IT!</span> <b>Warm Up, Miles 2, 3, 5, Cool Down, Stretch</b> 6 Mile Mix	<b>DAY 10</b> <span>DID IT!</span> <b>30-Minute Low-Impact HIIT Walk</b> 21 Day Weight Loss Plan	<b>DAY 11</b> <span>DID IT!</span> <b>30-Minute Strength Interval Walk</b> Major Metabolism Booster, 30-Day Plan	<b>DAY 12</b> <span>DID IT!</span> <b>4 Mega Miles</b> <i>(Premix #3)</i> 5 Mix + Match Miles	<b>DAY 13</b> <span>DID IT!</span> <b>15-Minute Calorie Burst + 15-Minute Standing Abs Bonus</b> 3 Weight Loss Walks, 30 Day Plan	<b>DAY 14</b> <span>DID IT!</span> ACTIVE REST DAY! <b>15-Minute Strong Feet + Ankles</b> <i>(optional)</i> 5 Fat Burning Miles		
		WEEK 3	<b>DAY 15</b> <span>DID IT!</span> <b>30-Minute Belly Blasting Strength Training</b> <i>(Premix #2)</i> Walk Off Belly Fat	<b>DAY 16</b> <span>DID IT!</span> <b>3 Mile Power Walk</b> <i>(Premix #2)</i> 5 Mix + Match Miles	<b>DAY 17</b> <span>DID IT!</span> <b>17-Minute Total Body Time Saver + 30-Minute Fat Blaster</b> Metabolism Booster 3 Weight Loss Walks, 30-Day Plan	<b>DAY 18</b> <span>DID IT!</span> <b>30-Minute Pyramid Power Walk</b> Major Metabolism Booster, 30-Day Plan	<b>DAY 19</b> <span>DID IT!</span> <b>40-Minute Strength + Stretch</b> <i>(Premix #1)</i> 10-Minute Quick Walk Mix	<b>DAY 20</b> <span>DID IT!</span> <b>Warm Up, Miles 1, 4, 6, Cool Down, Stretch</b> 6 Mile Mix	<b>DAY 21</b> <span>DID IT!</span> ACTIVE REST DAY! <b>20-Minute Chair Stretch</b> <i>(optional)</i> Major Metabolism Booster, 30 Day Plan	
			WEEK 4	<b>DAY 22</b> <span>DID IT!</span> <b>30-Minute Tred and Shred</b> 21 Day Weight Loss Plan	<b>DAY 23</b> <span>DID IT!</span> <b>15-Minute Dance Party + 15-Minute Belly Blaster</b> 15 Minute Fast Fat Blasts	<b>DAY 24</b> <span>DID IT!</span> <b>30-Minute Stride, Stretch + Relax</b> 21 Day Weight Loss Plan	<b>DAY 25</b> <span>DID IT!</span> <b>2 Mile Walk</b> <i>(Premix #2)</i> 10-Minute Quick Walk Mix	<b>DAY 26</b> <span>DID IT!</span> <b>17-Minute Total Body Time Saver + 20-Minute Bonus Routine for Stronger Knees</b> Metabolism Booster	<b>DAY 27</b> <span>DID IT!</span> <b>40-Minute Belly Fat Blast Interval Walk</b> <i>(Premix #3)</i> Walk Off Belly Fat	<b>DAY 28</b> <span>DID IT!</span> ACTIVE REST DAY! <b>15-Minute Strong Knees + Hips</b> <i>(optional)</i> 5 Fat-Burning Miles

# Walk ON

## WITH JESSICA SMITH



This 4-Week Master Calendar includes the following “Walk ON” programs (available on DVD and digital download). Our “Walk ON” series features our walking-based programs that contain virtually no floor work\* and a wide variety of low impact ways to help improve your fitness level, coordination, muscle tone and more. With three options of movements demonstrated throughout the sessions, you can take the routines to your own personal challenge level every time you walk with us.



### Walk ON: Metabolism Booster

This 107-minute program is designed to maximize your metabolism with a proven combo of aerobic exercise and strength training, and also includes our bonus routine for stronger knees, designed in conjunction with a physical therapist, to help you keep walking strong and pain-free for years to come!



### Walk ON: Walk Off Belly Fat

With two- and three-mile waist-shaping, fat-blasting walks, belly fat-melting strength training, on-screen bonus, belly fat-busting tips and custom premixes (DVD only), this 105-minute program is designed to help you maximize your results the right way — no gimmicks, fads or extreme diets here.



### Walk ON: 5 Day Fat Burn

Available exclusively in our “Walk On: Walk Off the Weight: 30 Day Plan” three-DVD set, this DVD contains our HIIT and toning walks, plus a bonus healthy back segment.



### Walk ON: 21 Day Weight Loss Plan

This two-disc set contains calorie burning cardio, metabolism boosting strength training, 360-degree standing abs conditioning, plus flexibility and stress relief to maximize your energy and fat burning potential.



### Walk ON: 15 Minute Fast Fat Blasts

This program offers four fun, fat-blasting 15-minute walks (brief warm up and cool down included) to choose from anytime you are tight on time or want to add on another session to your scheduled workout. Join us for a Fast Fat Burn, Power Pick Up, Dance Party or Belly Blaster anytime!



### Walk ON: 10-Minute Quick Walk Mix

Featuring three calorie burning walks and three strength walks plus a bonus stretch session, this DVD helps you fit in fitness even on the busiest of days! Use any of these 10-minute segments as a quick alternative to your scheduled daily workout anytime you are tight on time.



### Walk ON: 3 Weight Loss Walks

Available exclusively in our “Walk On: Walk Off the Weight: 30 Day Plan” three-DVD set, this DVD contains three complete 15-, 30- and 45-minute walks, plus our bonus standing abs routine.



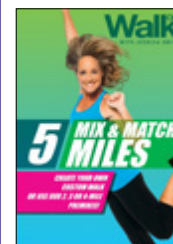
### Walk ON: 6 Mile Mix

Slim down and tone up with every step with these 3 toning and 3 cardio walks (toning walks incorporate the use of a flat resistance band). DVD also includes separate warm up, cool down and stretch segments, and a customizable menu (DVD only).



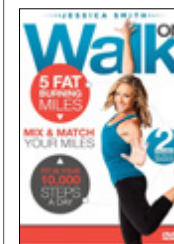
### Walk ON: Major Metabolism Booster

Available exclusively in our “Walk On: Walk Off the Weight: 30 Day Plan” three-DVD set, this DVD contains our pyramid power walk and strength interval walk plus our bonus 20-minute chair stretch routine.



### Walk ON: 5 Mix + Match Miles

With over 90 minutes of walking time, this program features five one-mile walks, separate warm up and cool down segments, plus our two-, three- and four-mile premixes and customizable menu (DVD only).



### Walk ON: 5 Fat Burning Miles

Along with five complete and varied one-mile walks, this DVD also includes separate warm up, cool down, plus our bonus “Strong Feet and Ankles” and “Strong Knees and Hips” routines and a customizable menu (DVD only).

*\*Please note there is minimal floor work included in a few of the bonus routines from our 30 Day Plan and our 5 Fat Burning Miles program.*