

JESSICA SMITH PRESENTS

# Walk STRONG

## 4-Week Master Rotation Calendar

Follow the rotation below, mix and match from our “Walk ON” 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.**

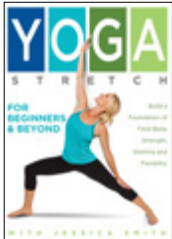
WEEK 1	<b>DAY 1</b> <span>DID IT!</span> <b>30-Minute Total Body Training</b> Walk STRONG System, Disc 1	<b>DAY 2</b> <span>DID IT!</span> <b>20-Minute Cardio Flow + 20-Minute Cardio Dance Sculpt</b> Total Body Balance	<b>DAY 3</b> <span>DID IT!</span> <b>28-Minute Total Body Abs Transformer + 4-Minute Tummy Torching Tabata (optional)</b> Cardio Abs	<b>DAY 4</b> <span>DID IT!</span> <b>30-Minute Energizing Flow</b> Yoga Stretch	<b>DAY 5</b> <span>DID IT!</span> <b>20-Minute Sole Sculpt + 20-Minute Core Stretch</b> Total Body Balance	<b>DAY 6</b> <span>DID IT!</span> <b>30-Minute Have a Ball!</b> Burn Fat + Have Fun	<b>DAY 7</b> <span>DID IT!</span> ACTIVE REST DAY! <b>30-Minute Dynamic Stretch (optional)</b> Walk STRONG System, Disc 4			
	WEEK 2	<b>DAY 8</b> <span>DID IT!</span> <b>35-Minute Circuit 1: Upper Focus</b> Boost Metabolism + Muscle	<b>DAY 9</b> <span>DID IT!</span> <b>35-Minute Circuit 2: Lower Focus Boost</b> Boost Metabolism + Muscle + <b>20-Minute Flow 3: Hips + Knees (optional)</b> Gentle Yoga	<b>DAY 10</b> <span>DID IT!</span> <b>30-Minute Core Control</b> Build Balance + Inner Strength	<b>DAY 11</b> <span>DID IT!</span> <b>30-Minute Interval Mix</b> Walk STRONG System, Disc 1	<b>DAY 12</b> <span>DID IT!</span> <b>30-Minute Barefoot Fusion Sculpt</b> Walk STRONG System, Disc 2	<b>DAY 13</b> <span>DID IT!</span> <b>30-Minute Cardio Party!</b> Walk STRONG System, Disc 1	<b>DAY 14</b> <span>DID IT!</span> ACTIVE REST DAY! <b>30-Minute PM Relaxing Flow (optional)</b> Yoga Stretch		
		WEEK 3	<b>DAY 15</b> <span>DID IT!</span> <b>30-Minute 360 Abs</b> Walk STRONG System, Disc 2	<b>DAY 16</b> <span>DID IT!</span> <b>35-Minute Circuit 3: Total Focus</b> Boost Metabolism + Muscle	<b>DAY 17</b> <span>DID IT!</span> <b>30-Minute Stride + Step</b> Burn Fat + Have Fun	<b>DAY 18</b> <span>DID IT!</span> <b>20-Minute Sole Sculpt + 20-Minute Flow 4: Total Body (optional)</b> Gentle Yoga	<b>DAY 19</b> <span>DID IT!</span> <b>30-Minute Brain Fitness Fun</b> Walk STRONG System, Disc 2	<b>DAY 20</b> <span>DID IT!</span> <b>30-Minute Balance + Agility</b> Build Balance + Inner Strength	<b>DAY 21</b> <span>DID IT!</span> ACTIVE REST DAY! <b>30-Minute Prehab (optional)</b> Walk STRONG System, Disc 4	
			WEEK 4	<b>DAY 22</b> <span>DID IT!</span> <b>30-Minute Upper Body Strength</b> Walk STRONG System, Disc 3 + <b>20-Minute Flow 1: Neck + Shoulders (optional)</b> Gentle Yoga	<b>DAY 23</b> <span>DID IT!</span> <b>30-Minute Lower Body Strength</b> Walk STRONG System, Disc 3	<b>DAY 24</b> <span>DID IT!</span> <b>28-Minute Cardio Abs + 28-Minute Concentrated Abs</b> Cardio Abs	<b>DAY 25</b> <span>DID IT!</span> <b>30-Minute Poise + Grace</b> Build Balance + Inner Strength	<b>DAY 26</b> <span>DID IT!</span> <b>30-Minute Total Body Training</b> Walk STRONG System, Disc 1 + <b>20-Minute Flow 2: Back + Chest (optional)</b> Gentle Yoga	<b>DAY 27</b> <span>DID IT!</span> <b>30-Minute Steady, Ready, GO!</b> Burn Fat + Have Fun	<b>DAY 28</b> <span>DID IT!</span> ACTIVE REST DAY! <b>20-Minute Flow 4: Total Body (optional)</b> Gentle Yoga

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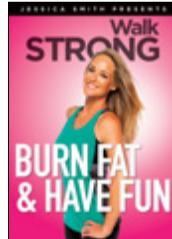


This 4-Week Master Calendar includes the following “Walk STRONG” programs along with a few of our complementary videos (available on DVD and digital download). Our “Walk STRONG” and related series feature workouts that offer a wide variety of ways to help you build muscle, burn fat, improve your flexibility and more. With low and high impact options, you can take the routines to your own personal challenge level every time you move with us.



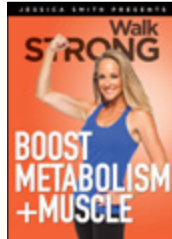
## Yoga Stretch for Beginners and Beyond

Develop a strong foundation of total body strength, stamina and flexibility with these two 30-minute practices designed to energize and strengthen and relax and rejuvenate (no chanting or sanskrit terminology used).



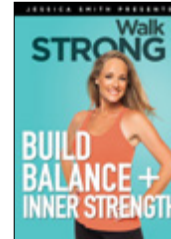
## Walk STRONG: Burn Fat + Have Fun

Burn fat, build balance, coordination, agility, spatial awareness and more with these three creative, 30-minute calorie burning walks — no floor work at all.



## Walk STRONG: Boost Metabolism + Muscle

Build muscular endurance, functional strength, boost metabolism and even prevent or reverse bone loss with these three 35-minute metabolic conditioning circuits.



## Walk STRONG: Build Balance + Inner Strength

Improve your balance, agility, posture, coordination and core strength with these three 30-Minute fusion style barefoot sessions that combine elements of cardio, standing pilates and basic yoga — no floor work at all.



## Walk STRONG: Total Transformation 6 Week System

Featuring ten 30-Minute sessions, this comprehensive plan includes everything from brain fitness, prehab and interval cardio to muscle building. Using a mix of high and low intensity workouts, this plan is designed to help you build your body up, not break it down.



## Total Body Balance

This 80-minute fusion style DVD combines elements of ballet, barre, yoga, Pilates and sculpting into four 20-minute barefoot sessions that help balance your body and energy.



## Cardio Abs

This intermediate to advanced level program combines HIIT cardio interval training, total body sculpting, targeted abs training plus a bonus Tabata session to maximize your flat abs results.

## + EXTRA STRONG

In addition to your daily sessions, we also recommend fitting in your daily dose of Vitamin W — walking! Working your way up to 10,000 steps a day can be a great way to add in more activity throughout your day without having to add in more exercise. Why is that important? Most of us are spending an average of 9-12 hours a day sitting! Even those of us who workout consistently. Studies show that even an hour-long workout isn't enough to combat the negative health effects of sitting all day. Rather than try to exercise more (which can sometimes increase your appetite and may overtax your system), stick with your scheduled workout and keep walking to stay more active throughout the day. Feel free to break up your walks into shorter segments. Need help stepping up your walking time? Check out our “Walk ON” series, designed to help you walk at home anytime, rain or shine!



## Gentle Yoga for Balance, Mobility + Flexibility

Featuring easy, gentle and relaxing stretches, these sessions are perfect for beginners or regular exercisers needing to add in more flexibility work (no chanting or sanskrit terminology used, some chair modifications shown). Choose from four targeted, 20-minute flows (neck + shoulders, back + chest, hips + knees or total body).