












JESSICA SMITH PRESENTS

# Walk STRONG

## 6-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 six 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>  <p>Walk STRONG 2: Boost Metabolism + Muscle <b>Circuit 3: Total Focus</b> + OPTIONAL: Cardio Abs <b>Total Abs Transformer</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 2</b> <p>Walk STRONG 3 <b>Pilates + Yoga</b> + OPTIONAL: Yoga Stretch for Beginners and Beyond <b>AM: Energizing Flow</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 3</b>  <p>Walk STRONG 3 <b>Upper Body</b> + OPTIONAL: Walk STRONG 1 <b>Upper Body Strength</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 4</b>  <p>Walk STRONG 3 <b>Lower Body</b> + OPTIONAL: Walk STRONG 2: Boost Metabolism + Muscle <b>Circuit 2: Lower Focus</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 5</b> <p>Walk STRONG 2: Burn Fat + Have Fun <b>Have a Ball!</b> + OPTIONAL: <b>Steady, Ready, GO!</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 6</b>  <p>Walk STRONG 3 <b>Barre Sculpt</b> + OPTIONAL: Walk STRONG 2: Build Balance + Inner Strength <b>Balance + Agility</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 7</b> <p>OPTIONAL Walk STRONG 1 <b>Prehab Routine</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>		
	WEEK 2	<b>DAY 8</b> <p>Total Body Balance <b>Cardio Flow + Cardio Dance Sculpt</b> + OPTIONAL: <b>Core Stretch</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 9</b>  <p>Walk STRONG 3 <b>Metabolic Conditioning</b> + OPTIONAL: Gentle Yoga <b>Flow 4: Total Body</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 10</b> <p>Walk STRONG 1 <b>360 ABS</b> + OPTIONAL: Walk STRONG 3 <b>15-Minute Add On Abs</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 11</b>  <p>Walk STRONG 1 <b>Total Body Training</b> + OPTIONAL: Walk STRONG 3 <b>15-Minute Streamline Sculpt</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 12</b> <p>Walk STRONG 1 <b>Interval Mix</b> + OPTIONAL: Cardio Abs <b>Cardio Abs</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 13</b>  <p>Walk STRONG 1 <b>Barefoot Fusion Sculpt</b> + OPTIONAL: Walk STRONG 2: Build Balance + Inner Strength <b>Core Control</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 14</b> <p>OPTIONAL Walk STRONG 1 <b>Dynamic Stretch</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	
		WEEK 3	<b>DAY 15</b>  <p>Walk STRONG 2: Boost Metabolism + Muscle <b>Circuit 2: Lower Focus</b> + OPTIONAL: Gentle Yoga <b>Flow 3: Hips + Knees</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 16</b>  <p>Walk STRONG 2: Boost Metabolism + Muscle <b>Circuit 1: Upper Focus</b> + OPTIONAL: Gentle Yoga <b>Flow 1: Neck + Shoulders</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 17</b> <p>Walk STRONG 2: Burn Fat + Have Fun <b>Steady, Ready, GO</b> + OPTIONAL: Walk STRONG 1 <b>Cardio Party</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 18</b>  <p>Cardio Abs <b>Total Abs Transformer + Concentrated Abs</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 19</b> <p>Walk STRONG 3 <b>Yoga Stretch + Strength</b> + OPTIONAL: Walk STRONG 1 <b>Brain Fitness Fun</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 20</b>  <p>Walk STRONG 3 <b>Tone + Flow</b> + OPTIONAL: Walk STRONG 2: Build Balance + Inner Strength <b>Poise + Grace</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>	<b>DAY 21</b> <p>OPTIONAL Gentle Yoga for Back <b>Yoga for Back Pain Relief</b></p> <p>DID IT? <input checked="" type="checkbox"/></p>

 **MODERATE INTENSITY/EFFORT**

TIP: These steady state sessions are designed to balance higher effort days while boosting your energy and endurance.

 **MODERATE TO HIGHER INTENSITY/EFFORT**

TIP: Make sure you are well fueled and rested beforehand (feel free to switch days in order to safely perform at your peak).

 **ACTIVE REST DAY**

TIP: The great news is with our blend of lower and higher intensity work, you don't have to take a rest day unless you want to! We've made some weekly suggestions in case you want to join in with us, but you may want to simply enjoy a day off.



**INDICATES STRENGTH WORKOUTS THAT REQUIRE DUMBBELLS**

Please see our "equipment needed" intro cards at the start of each session for an exact list of items used.

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## 6-Week Master Rotation Calendar (Continued)

<b>WEEK 4</b>	<b>DAY 22</b> Cardio Abs <b>Cardio Abs + Tummy Torching Tabata</b> + OPTIONAL <b>Concentrated Abs</b> DID IT!	<b>DAY 23</b> Walk STRONG 3 <b>Total Body</b> + OPTIONAL <b>15-Minute Total Body Training</b> DID IT!	<b>DAY 24</b> Walk STRONG 3 <b>Cardio Step Jam</b> + OPTIONAL Walk STRONG 2: Burn Fat + Have Fun <b>Stride and Step</b> DID IT!	<b>DAY 25</b> Walk STRONG 1 <b>Upper Body Strength</b> + OPTIONAL <b>Lower Body Sculpt</b> DID IT!	<b>DAY 26</b> Walk STRONG 2: Build Balance + Inner Strength <b>Balance + Agility</b> + OPTIONAL Walk STRONG 3 <b>Barefoot Cardio Core</b> DID IT!	<b>DAY 27</b> Total Body Balance <b>Sole Sculpt + Core Stretch</b> DID IT!	<b>DAY 28</b> OPTIONAL Yoga Stretch <b>PM: Relaxing Flow</b> DID IT!		
	<b>WEEK 5</b>	<b>DAY 29</b> Walk STRONG 3 <b>Cardio Interval Sculpt</b> + OPTIONAL <b>Yoga Strength + Stretch</b> DID IT!	<b>DAY 30</b> Walk STRONG 2: Build Balance + Inner Strength <b>Core Control</b> + OPTIONAL <b>Poise + Grace</b> DID IT!	<b>DAY 31</b> Walk STRONG 1 <b>Total Body Training</b> + OPTIONAL Cardio Abs <b>Total Abs Transformer</b> DID IT!	<b>DAY 32</b> Walk STRONG 3 <b>Barefoot Cardio Core</b> + OPTIONAL Walk Strong 2: Burn Fat + Have Fun <b>Have a Ball!</b> DID IT!	<b>DAY 33</b> Walk STRONG 3 <b>Total Body</b> + OPTIONAL <b>15-Minute Total Body Training</b> DID IT!	<b>DAY 34</b> Walk STRONG 1 <b>Brain Fitness Fun</b> + OPTIONAL Walk STRONG 3 <b>1-Mile of Motivation</b> DID IT!	<b>DAY 35</b> OPTIONAL Gentle Yoga for Back <b>Yoga for Back Pain Prevention</b> DID IT!	
		<b>WEEK 6</b>	<b>DAY 36</b> Walk STRONG 3 <b>Boogie I.T.</b> + OPTIONAL <b>15-Minute Add On Abs</b> DID IT!	<b>DAY 37</b> Walk STRONG 3 <b>Metabolic Conditioning</b> DID IT!	<b>DAY 38</b> Walk STRONG 1 <b>Cardio Party</b> + OPTIONAL <b>Brain Fitness Fun</b> DID IT!	<b>DAY 39</b> Barre Fitness <b>Full DVD (Cardio Ballet, Barre Burn + Floor Barre)</b> DID IT!	<b>DAY 40</b> Walk STRONG 3 <b>Cardio Hit!</b> + OPTIONAL Gentle Yoga <b>Flow 3: Hips and Knees</b> DID IT!	<b>DAY 41</b> Walk STRONG 3 <b>1-Mile, Total Body Training, Streamline Sculpt</b> + OPTIONAL <b>15-Minute Add On Abs, 15-Minute Total Stretch</b> DID IT!	<b>DAY 42</b> OPTIONAL Walk STRONG 3 <b>Deep Stretch</b> DID IT!

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**■ ACTIVE REST DAY**

TIP: The great news is with our blend of lower and higher intensity work, you don't have to take a rest day unless you want to! We've made some weekly suggestions in case you want to join in with us, but you may want to simply enjoy a day off.



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# Walk STRONG



This 6-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.



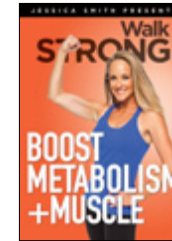
### Walk STRONG 1: Total Transformation 6 Week System

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.



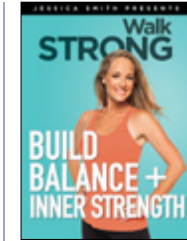
### Walk STRONG 2: Burn Fat + Have Fun

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 2: 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.



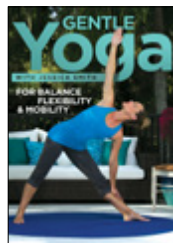
### Walk STRONG 2: Build Balance + Inner Strength

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.



### Gentle Yoga for Back Pain Relief and Prevention

This basic level program contains two relaxing and gentle yoga sessions designed with a back pain specialist for maximum safety and relief; featuring yoga poses and sequencing specific to back pain relief and prevention. No previous yoga experience is necessary to participate, and there is no Sanskrit terminology or chanting included in this program.



### 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).



### Walk STRONG 3: The Complete 8 Week Home Fitness Program for Women

This 20 workout collection builds upon our first and second Walk STRONG series, offering a progressive, multi-level program featuring various intensities and modalities for maximum energy and continued results. With a wide variety of styles including kickboxing, HIIT, strength training with heavy and light weight rep and set schemes, alignment technique training, yoga, pilates and more, these sessions feature some low impact (no jumping) modifications and Debbie and Beth are back to offer ways to tone down or amp up your moves when appropriate to help you keep moving at your own pace.



### 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).



### 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.



### Barre Fitness

Tone, sculpt and stretch your body from head to pointed toe with this ballet-inspired workout program. This DVD, filmed outdoors by the water in sunny Florida, includes three 20-minute workouts that can be done separately, or all together for one complete class session.