












JESSICA SMITH PRESENTS


# Walk STRONG


## 6-Week Master Rotation Calendar


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.**


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.

WEEK 1	<b>DAY 1</b>  <p>Walk STRONG 2: Boost Metabolism + Muscle</p> <p><b>Circuit 3: Total Focus</b></p> <p>+ OPTIONAL: Cardio Abs</p> <p><b>Total Abs Transformer</b></p> <p>DID IT?</p>	<b>DAY 2</b> <p>Feel Good Fusion</p> <p><b>Flow Cardio</b></p> <p>DID IT?</p>	<b>DAY 3</b>  <p>Walk STRONG 3</p> <p><b>Upper Body</b></p> <p>+ OPTIONAL: Walk STRONG 1</p> <p><b>Upper Body Strength</b></p> <p>DID IT?</p>	<b>DAY 4</b>  <p>Walk STRONG 3</p> <p><b>Lower Body</b></p> <p>+ OPTIONAL: Walk STRONG 2: Boost Metabolism + Muscle</p> <p><b>Circuit 2: Lower Focus</b></p> <p>DID IT?</p>	<b>DAY 5</b> <p>Walk STRONG 2: Burn Fat + Have Fun</p> <p><b>Have a Ball!</b></p> <p>+ OPTIONAL: <b>Steady, Ready, GO!</b></p> <p>DID IT?</p>	<b>DAY 6</b>  <p>Feel Good Fusion</p> <p><b>Fusion Strength</b></p> <p>DID IT?</p>	<b>DAY 7</b> <p><b>Active Rest Day!</b></p> <p>OPTIONAL</p> <p>Enjoy a yoga, stretch or prehab routine or take the day off!</p> <p>DID IT?</p>
	<b>DAY 8</b> <p>Total Body Balance</p> <p><b>Cardio Flow + Cardio Dance Sculpt</b></p> <p>+ OPTIONAL: <b>Core Stretch</b></p> <p>DID IT?</p>	<b>DAY 9</b>  <p>Walk STRONG 3</p> <p><b>Metabolic Conditioning</b></p> <p>+ OPTIONAL: Gentle Yoga</p> <p><b>Flow 4: Total Body</b></p> <p>DID IT?</p>	<b>DAY 10</b> <p>Walk STRONG 1</p> <p><b>360 ABS</b></p> <p>+ OPTIONAL: Walk STRONG 3</p> <p><b>15-Minute Add On Abs</b></p> <p>DID IT?</p>	<b>DAY 11</b>  <p>Walk STRONG 1</p> <p><b>Total Body Training</b></p> <p>+ OPTIONAL: Walk STRONG 3</p> <p><b>15-Minute Streamline Sculpt</b></p> <p>DID IT?</p>	<b>DAY 12</b> <p>Walk STRONG 1</p> <p><b>Interval Mix</b></p> <p>+ OPTIONAL: Cardio Abs</p> <p><b>Cardio Abs</b></p> <p>DID IT?</p>	<b>DAY 13</b>  <p>Walk STRONG 1</p> <p><b>Barefoot Fusion Sculpt</b></p> <p>+ OPTIONAL: Walk STRONG 2: Build Balance + Inner Strength</p> <p><b>Core Control</b></p> <p>DID IT?</p>	<b>DAY 14</b> <p><b>Active Rest Day!</b></p> <p>OPTIONAL</p> <p>Enjoy a yoga, stretch or prehab routine or take the day off!</p> <p>DID IT?</p>
	<b>DAY 15</b>  <p>Walk STRONG 2: Boost Metabolism + Muscle</p> <p><b>Circuit 2: Lower Focus</b></p> <p>+ OPTIONAL: Gentle Yoga</p> <p><b>Flow 3: Hips + Knees</b></p> <p>DID IT?</p>	<b>DAY 16</b>  <p>Walk STRONG 2: Boost Metabolism + Muscle</p> <p><b>Circuit 1: Upper Focus</b></p> <p>+ OPTIONAL: Gentle Yoga</p> <p><b>Flow 1: Neck + Shoulders</b></p> <p>DID IT?</p>	<b>DAY 17</b> <p>Walk STRONG 2: Burn Fat + Have Fun</p> <p><b>Steady, Ready, GO</b></p> <p>+ OPTIONAL: Walk STRONG 1</p> <p><b>Cardio Party</b></p> <p>DID IT?</p>	<b>DAY 18</b>  <p>Cardio Abs</p> <p><b>Total Abs Transformer + Concentrated Abs</b></p> <p>DID IT?</p>	<b>DAY 19</b> <p>Walk STRONG 1</p> <p><b>Brain Fitness Fun</b></p> <p>+ OPTIONAL: Yoga Stretch for Beginners and Beyond</p> <p><b>AM: Energizing Flow</b></p> <p>DID IT?</p>	<b>DAY 20</b>  <p>Walk STRONG 3</p> <p><b>Tone + Flow</b></p> <p>+ OPTIONAL: Walk STRONG 2: Build Balance + Inner Strength</p> <p><b>Poise + Grace</b></p> <p>DID IT?</p>	<b>DAY 21</b> <p><b>Active Rest Day!</b></p> <p>OPTIONAL</p> <p>Enjoy a yoga, stretch or prehab routine or take the day off!</p> <p>DID IT?</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 recommend adding in any of our yoga, stretch or prehab routines on this day (see page 3 for options), or you may simply want to 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)

WEEK 4	<b>DAY 22</b> Cardio Abs <b>Cardio Abs + Tummy Torching Tabata</b> + OPTIONAL <b>Concentrated Abs</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 23</b> Walk STRONG 3 <b>Total Body</b> + OPTIONAL <b>15-Minute Total Body Training</b> DID IT? <input checked="" type="checkbox"/>	<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? <input checked="" type="checkbox"/>	<b>DAY 25</b> Walk STRONG 1 <b>Upper Body Strength</b> + OPTIONAL <b>Lower Body Sculpt</b> DID IT? <input checked="" type="checkbox"/>	<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? <input checked="" type="checkbox"/>	<b>DAY 27</b> Walk STRONG 3 <b>Barre Sculpt</b> + OPTIONAL: Total Body Balance <b>Sole Sculpt + Core Stretch</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 28</b> <b>Active Rest Day!</b> OPTIONAL Enjoy a yoga, stretch or prehab routine or take the day off! DID IT? <input checked="" type="checkbox"/>
	<b>DAY 29</b> Walk STRONG 3 <b>Cardio Interval Sculpt</b> + OPTIONAL <b>Yoga Strength + Stretch</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 30</b> Walk STRONG 2: Build Balance + Inner Strength <b>Core Control</b> + OPTIONAL <b>Poise + Grace</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 31</b> Walk STRONG 1 <b>Total Body Training</b> + OPTIONAL Cardio Abs <b>Total Abs Transformer</b> DID IT? <input checked="" type="checkbox"/>	<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? <input checked="" type="checkbox"/>	<b>DAY 33</b> Walk STRONG 3 <b>Total Body</b> + OPTIONAL <b>15-Minute Total Body Training</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 34</b> Feel Good Fusion <b>Flow Cardio</b> + OPTIONAL Walk STRONG 3 <b>Pilates + Yoga</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 35</b> <b>Active Rest Day!</b> OPTIONAL Enjoy a yoga, stretch or prehab routine or take the day off! DID IT? <input checked="" type="checkbox"/>
	<b>DAY 36</b> Walk STRONG 3 <b>Boogie I.T.</b> + OPTIONAL <b>15-Minute Add On Abs</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 37</b> Walk STRONG 3 <b>Metabolic Conditioning</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 38</b> Walk STRONG 1 <b>Cardio Party</b> + OPTIONAL Walk STRONG 2: Build Balance + Inner Strength <b>Balance + Agility</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 39</b> Feel Good Fusion <b>Fusion Strength</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 40</b> Walk STRONG 3 <b>Cardio Hit!</b> + OPTIONAL Gentle Yoga <b>Flow 3: Hips and Knees</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 41</b> Barre Fitness <b>Full DVD (Cardio Ballet, Barre Burn + Floor Barre)</b> DID IT? <input checked="" type="checkbox"/>	<b>DAY 42</b> <b>Active Rest Day!</b> OPTIONAL Enjoy a yoga, stretch or prehab routine or take the day off! DID IT? <input checked="" type="checkbox"/>

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**MODERATE TO HIGHER INTENSITY/EFFORT**  
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# Walk STRONG



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## 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.



DVD

DIGITAL

## 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.

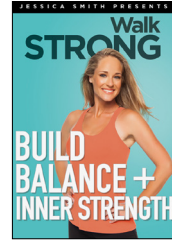


DVD

DIGITAL

## 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.



DVD

DIGITAL

## 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.

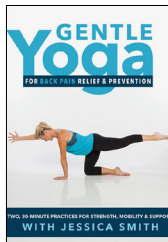


DVD

DIGITAL

## 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.



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## 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.

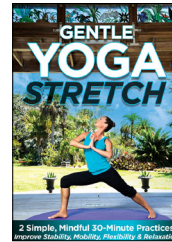


DVD

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## 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).



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## Gentle Yoga Stretch

This simple, gentle yoga inspired program contains two complete practices filmed outdoors on location at the beautiful Marie Selby Gardens: 30-Minute Flexibility and Relaxation, to help improve range of motion and mobility while enhancing the relaxation response for stress relief and resilience, and 30-Minute Stability and Mobility, to balance strength and flexibility for optimum stability and mobility in the muscles and joints. Great for all levels; no previous yoga experience required, no chanting or sanskrit terminology used.



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## Yoga Fusion Fix

Experience the strength, balance, flexibility and stress relief that yoga provides, even if you are short on time! It's not always easy to find a full hour to devote to yoga, but the good news is even as little as 15 minutes a day can offer health improving benefits. This program contains three complete practices that are easy to do at home and to fit into your busy week: 15-Minute Yoga for Stress Relief and Relaxation, 20-Minute Yoga for Balance and Core Strength and 30-Minute Yoga for Strength and Flexibility. Best for those with some previous exercise experience; no chanting or sanskrit terminology used.

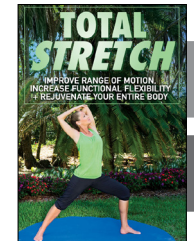


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## Feel Good Fusion

Filmed outdoors on location in Florida, with the beautiful ocean and sunny blue skies as our backdrop, this floor-work free program contains two complete barefoot routines: 47-minute Fusion Strength, which uses a set of light dumbbells to sculpt and build functional strength and stamina while staying in the aerobic zone, and 35-Minute Flow Cardio, a flowing LISS (lower intensity, steady state) cardio session designed to build cardiovascular endurance, improve circulation, burn fat and balance out the stress of high-intensity training on the body.

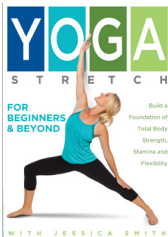


DVD

DIGITAL

## Total Stretch

This flexibility focused program (not yoga) contains three complete sessions: 30-Minute Deep Stretch, focused on slow and relaxing stretching techniques, 33-Minute Dynamic Stretch, an active stretch series to increase range of motion and mobility with smooth, controlled movements that can also serve as a thorough warm up to any workout and 17-Minute Total Stretch, a concise, total body stretch that can serve as a solo flexibility session or a great wind down after cardio or strength exercise.

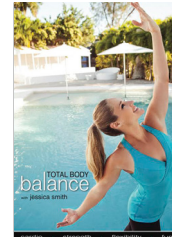


DVD

DIGITAL

## 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).

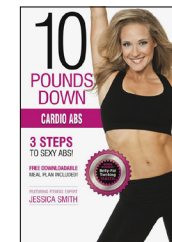


DVD

DIGITAL

## 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.

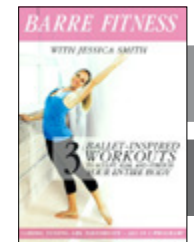


DVD

DIGITAL

## 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.



DVD

DIGITAL

## 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.