











Walk^{ON}

WITH JESSICA SMITH

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 STRONG" calendar as you see fit, or use it as a suggested guide to create your own personal plan.

WEEK 1	DAY 1  30 Day Plan: Major Metabolism Booster 30-Minute Strength Interval Walk + OPTIONAL 20-Minute Chair Stretch Routine <input checked="" type="checkbox"/> DID IT!	DAY 2 5 Mix and Match Miles 3-Mile Power Walk <i>Premix 2: Warm Up + Energy Boost + Brain Training + Waistline Work + Cool Down</i> <input checked="" type="checkbox"/> DID IT!	DAY 3  Get Strong! 40-Minute Strictly Strength <input checked="" type="checkbox"/> DID IT!	DAY 4 4-Mile Power Walk 4-Mile Power Walk (all) <input checked="" type="checkbox"/> DID IT!	DAY 5  30 Day Plan: 5 Day Fat Burn 30-Minute Toning Walk + OPTIONAL 15-Minute Healthy Back Workout <input checked="" type="checkbox"/> DID IT!	DAY 6 5 Fat Burning Miles Warm Up + Brain Booster + Turbo Charged Walk + Boogie Down Walk + Cool Down + OPTIONAL: Belly, Buns & Thighs + Power Posture Walk <input checked="" type="checkbox"/> DID IT!	DAY 7 Active Rest Day! OPTIONAL 5 Fat Burning Miles Bonus Segment: 15-Minute Strong Feet & Ankles + 15-Minute Strong Hips & Knees <input checked="" type="checkbox"/> DID IT!
	DAY 8  21 Day Plan: Disc 2 30-Minute Tred and Shred + OPTIONAL 30-Minute Stride, Stretch & Relax <input checked="" type="checkbox"/> DID IT!	DAY 9 30 Day Plan: 5 Day Fat Burn 30-Minute HIIT Walk + OPTIONAL 15-Minute Healthy Back Bonus <input checked="" type="checkbox"/> DID IT!	DAY 10  Get Strong! 40-Minute Stepping Strength <input checked="" type="checkbox"/> DID IT!	DAY 11 30 Day Plan: 3 Weight Loss Walks 30-Minute Minute Fat Blaster + OPTIONAL 15-Minute Standing Abs <input checked="" type="checkbox"/> DID IT!	DAY 12  6 Mile Mix Warm Up, Sculpting Miles 2, 3, 5, Cool Down, Stretch <input checked="" type="checkbox"/> DID IT!	DAY 13  Walk Off Belly Fat 30-Minute Belly Blasting Strength Training <i>Premix 2: Warm Up + Belly Blasting Strength Training Circuit + Cool Down</i> <input checked="" type="checkbox"/> DID IT!	DAY 14 Active Rest Day! OPTIONAL Gentle Yoga Stretch 30-Minute Flexibility and Relaxation <input checked="" type="checkbox"/> DID IT!
	DAY 15  Metabolism Booster 30-Minute Upper Body Circuit Walk + OPTIONAL 20-Minute Bonus Routine for Stronger Knees <input checked="" type="checkbox"/> DID IT!	DAY 16 30 Day Plan: 3 Weight Loss Walks 40-Minute Mega Burn <input checked="" type="checkbox"/> DID IT!	DAY 17  Get Strong! 40-Minute Strictly Strength <input checked="" type="checkbox"/> DID IT!	DAY 18 15-Minute Fast Fat Blasts 15-Minute Fast Fat Burn & 15-Minute Belly Blaster + OPTIONAL 15-Minute Dance Party + 15-Minute Power Pick Up <input checked="" type="checkbox"/> DID IT!	DAY 19  Metabolism Booster 30-Minute Lower Body Circuit Walk <input checked="" type="checkbox"/> DID IT!	DAY 20 4-Mile Power Walk 4-Mile Power Walk (all) <input checked="" type="checkbox"/> DID IT!	DAY 21 Active Rest Day! OPTIONAL 30 Day Plan: Major Metabolism Booster 20-Minute Chair Stretch <input checked="" type="checkbox"/> DID IT!



INDICATES STRENGTH WORKOUTS THAT REQUIRE DUMBBELLS



INDICATES STRENGTH WORKOUTS THAT REQUIRE A RESISTANCE BAND

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

*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, and at the end of the lower body mile of 6 Mile Mix. Our Gentle Yoga Stretch also includes stretches performed on the floor.

6-Week Master Rotation Calendar (continued)

WEEK 4	DAY 22 5 Mix + Match Miles 4 Mega Miles <i>Premix #3: Warm Up</i> + Energy Boost, Pumped Up Pace + Jog and Jive + Waistline Work + Cool Down	DAY 23 Metabolism Booster 17-Minute Total Body Time Saver + OPTIONAL 20-Minute Routine for Stronger Knees	DAY 24 21 Day Plan: Disc 1 30-Minute Low Impact HIIT Walk + OPTIONAL 30-Minute Cardio Core Walk	DAY 25 10-Minute Quick Walk Mix 40-Minute Strength + Stretch <i>Steppin' Strength Walk</i> + Abs and Arms Walk + Buns and Thighs Walk + Chair Stretch	DAY 26 30 Day Plan: Major Metabolism Booster 30-Minute Pyramid Power Walk + OPTIONAL 20-Minute Chair Stretch Routine	DAY 27 30 Day Plan: 5 Day Fat Burn 30-Minute Toning Walk + OPTIONAL 15-Minute Healthy Back Workout	DAY 28 Active Rest Day! OPTIONAL 10-Minute Quick Walk Mix 10-Minute Chair Stretch
	DAY 29 6 Mile Mix Warm Up, Sculpting Miles 2, 3, 5, Cool Down, Stretch	DAY 30 5 Fat Burning Miles Warm Up + Belly, Buns & Thighs + Power Posture Walk + Cool Down + OPTIONAL Turbo Charged Walk + Boogie Down Walk	DAY 31 21 Day Plan: Disc 2 30-Minute Tred and Shred + OPTIONAL 30-Minute Stride, Stretch & Relax	DAY 32 Walk Off Belly Fat 40-Minute Belly Fat Blasting Interval Walk <i>Premix 3: Warm Up</i> + 2-Mile Belly Fat Blast Interval Walk + Cool Down	DAY 33 Get Strong! 40-Minute Stepping Strength	DAY 34 21 Day Plan: Disc 1 30-Minute Cardio Core Walk + OPTIONAL 30-Minute Low Impact HIIT Walk	DAY 35 Active Rest Day! OPTIONAL Gentle Yoga Stretch 30-Minute Stability & Mobility
	DAY 36 Walk Off Belly Fat 55-Minute Flat Abs Power Walk <i>Premix 1: Warm Up</i> + 3-Mile Flat Abs Walk + Cool Down	DAY 37 Metabolism Booster 30-Minute Upper Body Circuit Walk + OPTIONAL 17-Minute Total Body Time Saver	DAY 38 6 Mile Mix Warm Up, Mile 1, 4, 5 Cool Down	DAY 39 Metabolism Booster 30-Minute Lower Body Circuit Walk + OPTIONAL 20-Minute Bonus Routine for Stronger Knees	DAY 40 30 Day Plan: 3 Weight Loss Walks 15-Minute Calorie Burst +30-Minute Fat Blaster + OPTIONAL 15-Minute Standing Abs	DAY 41 30 Day Plan: Major Metabolism Booster 30-Minute Strength Interval Walk + OPTIONAL 20-Minute Chair Stretch Routine	DAY 42 Active Rest Day! OPTIONAL 5 Fat Burning Miles Bonus Segment: 15-Minute Strong Feet & Ankles + 15-Minute Strong Hips & Knees



INDICATES STRENGTH WORKOUTS THAT REQUIRE DUMBBELLS



INDICATES STRENGTH WORKOUTS THAT REQUIRE A RESISTANCE BAND

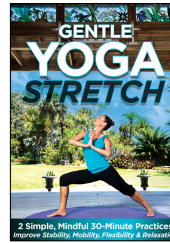
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Walk^{ON}

WITH JESSICA SMITH

This 6-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.



DVD

DIGITAL

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.



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: 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.



DVD

DIGITAL

Walk ON: Get Strong!

This 85-minute program offers two complete, floor work free strength training sessions that use just dumbbells to build muscle, bone density, strength, and balance!



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 an quick alternative to your scheduled daily workout anytime you are tight on time.



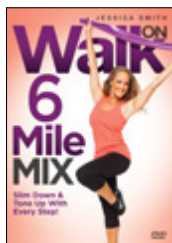
Walk ON: 3 Weight Loss Walks

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: 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: 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).

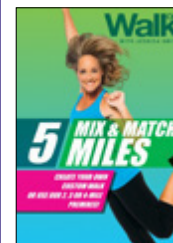


DVD

DIGITAL

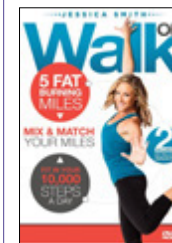
Walk ON: 4-Mile Power Walk

This 4-mile power walk is designed to beat boredom and improve coordination, agility and cardiovascular fitness at the same time. Play the full walk (from warm up to cool down) in its entirety or skip ahead to the next chapter to shorten your walk any day you are pressed for time.



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).



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.