

Our "Walk STRONG 2.0: 6 Week Countdown Plan" includes the following programs:



Walk STRONG: TOTAL TRANSFORMATION 6 WEEK SYSTEM

Workouts Include:

Cardio Party [30 Minutes] Interval Mix [30 Minutes] Brain Fitness Fun [30 Minutes] 360 Abs [30 Minutes] Total Body Training [30 Minutes] Upper Body Strength [30 Minutes] Lower Body Sculpt [30 Minutes] Barefoot Fusion Sculpt [30 Minutes] Dynamic Stretch [30 Minutes] Prehab Routine [30 Minutes]





Walk STRONG: **BOOST METABOLISM +** MUSCLE

Workouts Include:

Circuit #1: Upper Focus [35 Minutes] Circuit #2: Lower Focus [35 Minutes] Circuit #3: Total Focus [35 Minutes]

> Get it NOW on DVD

Get it instantly /ia digital download



Walk STRONG: **BURN FAT + HAVE FUN**

Workouts Include:

Steady, Ready, GO! [30 Minutes] Stride and Step [30 Minutes] Have a Ball [30 Minutes]

> Get it NOW on DVD

Get it instantly via digital downloac

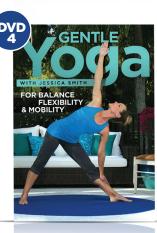


Walk STRONG: **BUILD BALANCE +** INNER STRENGTH

Workouts Include:

Core Control [30 Minutes] Poise and Grace [30 Minutes] Balance and Agility [30 Minutes]

> Get it NOW on DVD



GENTLE YOGA For Flexibility. Balance and Mobility

Workouts Include:

Flow 1: Neck and Shoulders [20 Minutes] Flow 2: Back and Chest [20 Minutes] Flow 3: Hips and Knees [20 Minutes] Flow 4: Total Body [20 Minutes]

Get it NOW on DVD

Get it instantly via digital download

Don't have all the workouts listed here? No worries! Feel free to mix and match with what you have to make it work for you.

Get it instantly

via digital download

Want to add to your collection?

Add in more of our titles and workouts as you see fit to customize your own personal rotation with our library of DVDs are available here on Amazon.com or in our digital download store here.

And, if you haven't completed it yet, don't miss our 'Phase II' plan available here!