

LESLIE SANSONE™

JUST WALK

BELLY BLASTING WALK

**WANT A SLIM, TRIM TUMMY?
THIS IS THE WAY TO GET IT!**

Your mid-section is the core of your body and when it's out of shape it can affect your back, posture, comfort and confidence. So Leslie created this Belly Blasting Walk with everything you need to whittle your waistline, flatten your belly and strengthen your whole core.

The program starts with a "2 FAST Mile" cardio walk that's infused with special belly flattening moves like core rotations, standing curls and more. Next you'll move to the floor for a series of exercises that are rated among the best to engage the full core including the abs, waist, back and even the glutes. **Choosing the right exercises here allows you to do less....and get MORE results!**

This program gives you the total package:

- Calorie burning cardio in the 2 fast miles to **reduce extra weight around the middle**

PLUS.....

- Targeted sculpting in the floor session to take your shape and muscle tone to a whole new level—**flat, lean, healthy and strong!**

Can you imagine how great it would feel to take inches off of your waistline? You don't have to imagine. Come on, start walking away extra belly weight today!



No fancy footwork.

No hard-to-follow routines.

This is the FAD-FREE way to **REDUCE BELLY FAT** that EVERYONE can do!

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WALK AWAY EXTRA BELLY WEIGHT TODAY!

TWO WORKOUTS

2 FAST MILES WITH BELLY FLATTENING MOVES

PLUS, A TARGETED WAIST SLIMMING SESSION



ANCHOR BAY ENTERTAINMENT™
DV59746

Please consult your physician before beginning this or any exercise program.



Color	53 Mins	Not Rated	Stereo	Widescreen Presentation
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www.walkathome.com



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