

LESLIE SANSONE

# JUST WALK

## ULTIMATE 5 DAY WALK PLAN

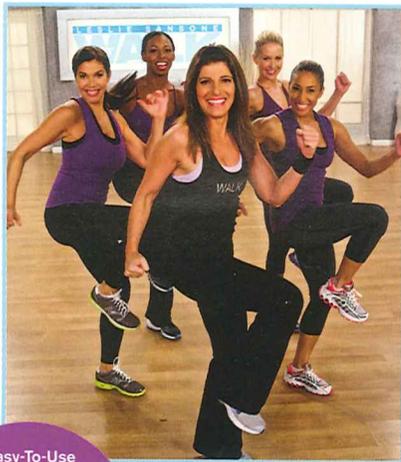


TAKE THE GUESSWORK OUT OF PLANNING YOUR FITNESS ROUTINE WITH THE ULTIMATE WEEKLY PLAN!

Leslie has planned a full week for you that will get the whole body conditioned in just minutes a day! You don't have to think about a thing. Just follow the plan and you will fit in the cardio, the strength training, and the flexibility that every "body" needs to get slim and healthy.

Each day you'll burn loads of calories with "Your Daily Walk" and then target-tone a specific muscle group with "Your Daily Strength." Here's the plan:

- Monday - 3 Mile Walk + Ab Session
- Tuesday - 4 Mile Walk + Arm Session
- Wednesday - 1 Mile Walk + Leg Session
- Thursday - 2 Mile Walk + Chest & Back Session
- Friday - 5 Mile Walk + Full Body Stretch



That's one BIG calorie-burning week! And the full body toning targets all key areas – no muscle is left behind!

This DVD completely takes the guesswork out of planning your fitness routine. With the Ultimate 5 Day Walk Plan you get a simple plan to follow each week to help you reach your health and weight loss goals!

**Mix & Match Walk & Strength Sessions To Fit Any Schedule!**

Easy-To-Use DVD Menu Lets You Create Your Own Workout!

One set of 3-5 lb. dumbbells are recommended for the strength sessions.

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



Color	91 Mins	Not Rated	Stereo	Widescreen Presentation
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Produced by Walk Productions, Inc. [www.walkathome.com](http://www.walkathome.com)

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## ULTIMATE 5 DAY WALK PLAN

A DIFFERENT WALK FOR EACH DAY OF THE WEEK

- MONDAY: 3 MILE WALK
- TUESDAY: 4 MILE WALK
- WEDNESDAY: 1 MILE WALK
- THURSDAY: 2 MILE WALK
- FRIDAY: 5 MILE WALK



BONUS! TONING SESSIONS



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