

# THE “WALK ON” WORKOUT PLAN

Suggested 4-Week Weight Loss Rotation

|        | Day 1                                     | Day 2                                     | Day 3                                     | Day 4                                     | Day 5                          | Day 6                              | Day 7              |
|--------|---|---|---|---|--------------------------------|------------------------------------|--------------------|
| Week 1 | DVD #1:<br>Stride And<br>Strength<br>Walk | DVD #2:<br>Dance Walk                     | DVD #3:<br>Flat Abs<br>Walk               | DVD #1:<br>Stride And<br>Strength<br>Walk | DVD #1:<br>Fusion Walk         | DVD #3:<br>Buns and<br>Thighs Walk | Active Rest<br>Day |
| Week 2 | DVD #2:<br>Latin Dance<br>Walk            | DVD #1:<br>Stride And<br>Strength<br>Walk | DVD #3:<br>Buns and<br>Thighs Walk        | DVD #1:<br>Stride And<br>Strength<br>Walk | DVD #3:<br>Flat Abs<br>Walk    | DVD #2:<br>Dance Walk              | Active Rest<br>Day |
| Week 3 | DVD #1:<br>Stride And<br>Strength<br>Walk | DVD #2:<br>Dance Walk                     | DVD #1:<br>Stride And<br>Strength<br>Walk | DVD #3:<br>Flat Abs<br>Walk               | DVD #2:<br>Latin Dance<br>Walk | DVD #1:<br>Fusion Walk             | Active Rest<br>Day |
| Week 4 | DVD #1:<br>Stride And<br>Strength<br>Walk | DVD #3:<br>Flat Abs<br>Walk               | DVD #3:<br>Buns and<br>Thighs Walk        | DVD #1:<br>Stride And<br>Strength<br>Walk | DVD #1:<br>Fusion Walk         | DVD #2:<br>Latin Dance<br>Walk     | Active Rest<br>Day |

\*Feel free to mix up your walks as you see fit! Try just one 30-minute walk (or two!) per day depending on how much time and energy you have. And, for those days you really don't feel like working out, try either one of the "Dance Walk" routines for a fun, carefree session!

DVD #1: "Walk On: Strength And Balance"

DVD #2: "Walk On: Dance Walk"

DVD #3: "Walk On: Tone Your Trouble Zones"

The 3-DVD Walk On Set is available now at: [jessicasmithtv.com/shop](http://jessicasmithtv.com/shop)