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[Leslie Sansone Start! Walking At Home 3 Mile Fast Paced Walk](#)

3 FAST & FUN MILES

MOVE the coffee table, and put those muscles in motion! Get ready for 3 FAST AND FUN MILES at home!

Mile 1 - Get Started Mile - 15:42

Mile 1 gets you started Walking at Home! Just follow the Walkers to put every muscle in motion!

Mile 2 - Fast & Sweaty Mile - 15:35

It's not about the moves, it's the BEAT that gets you fit! The PACE of walking at home is a "workout" speed. Hey, watch out for those "Quick Steps" on Mile 2!

Mile 3 - Super Fast Mile - 15:19

Why are you fitness walking today? Better... health? bones? muscles? heart? brain? This mile invites you to "Try a Mile a Day for 10 Days!"

"The Mile a Day for 10 Days Challenge!"

Day 1, 2 & 3 - Do Mile 1

Day 4, 5 & 6 - Do Mile 2

Day 7, 8 & 9 - Do Mile 3

Day 10 - Do all 3 Miles!

YOU CAN DO IT! No equipment needed. Just lace up your fitness shoes and WALK!

Total Running time - 46:36

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Watch Walk Away the Pounds Express - 3 Mile Leslie Sansone - Fitness ... video thumbnail. 3:22. The Lovely Thirty minutes of walking means about two miles at a standard walking pace. You don't have to start out doing this much. ... miles may seem too easy to you; try pushing it up to three, or do two very fast miles. ... interest are Leslie Sansone's Walk the Walk videos, which combine walking ... is that they can be done at home in.

... glucose tolerance, but the idea of walking the equivalent of five miles per day could ... Leslie Sansone, fitness expert and creator of Walk at Home Workouts is ... three 30-minute, high-intensity walks and two moderately-paced walks per ... While a walk around the block is a good start, maximizing the benefits of a walking ...

START! Walking at Home American Heart Association 3 Mile Walk ... Jane Fonda: Walking Cardio Workout : Level 2 is a fast-paced, fat. Yoga FitnessSenior ...

Leslie Sansone: Walk Slim - 3 Fast Miles film Together, Jadakiss and Fendi unfolded ... Slow your pace to cool down during the last five minutes of your walk. ... Express 1 Mile Walking Workout | Leslie Sansones Walk At Home. ... Start by marking "Leslie Sansone's Eat Smart, Walk Strong" as Want to Read.

3. Get off the couch When you're just starting out, try walking indoors. ... Using this metric, roughly 15 minutes of in-home walking (aerobics) equals one mile. ... Pick up the pace Walking a little faster over the same distance will burn ... Leslie Sansone is America's number-one walk expert and creator of the Walk at a fat-burning pace, and then stretch it out with Leslie Sansone. 1 Mile In Home Walk ... Burn Body Fat 3 Mile | Leslie Sansone's Walk at Home. A BIG 3 Mile ... Download, s... Walking - Part 1: Start Quick & Easy with Leslie Sansone... just.. Find trailers, reviews, synopsis, awards and cast information for Leslie Sansone: Start! Walking at Home: 3 Mile Fast-Paced Walk (2011) - Andrea Ambandos on Start Walking at Home With Leslie Sansone Advanced - 45 Min Fast Paced Walk. About this ... \$49.95. Leslie Sansone START Walking at Home - 3 Mile Walk Home Audio & Theater ... Start a Registry ... Shipping & Moving ... Make the most of every minute with Leslie Sansone's Just Walk 3 Mega Miles Series DVD ... The Leslie Sansone walking videos complete workout set comes with a ... She doesn't pre-teach it like most moves, and it is hard to see because she moves so fast. 7fd0e77640