

Walk On, Rock On Series

Hellooo my friends!!! Are you ready to tone up your arms for summer? Sleek, toned arms are your best fashion accessory and statement of good health. This month, you'll be melting off pounds with your walks and sculpting those arms with toning exercises. Let's get walking! — *Leslie*



WEEK 1



MONDAY: Walk fast for 5 min., 4 separate times during the day. That's about 2000 steps. Between each session, do the bi-tri combo: 10 bicep curls and 10 tricep kickbacks. **TUESDAY:** Walk for 30 min. at any pace. **WEDNESDAY:** Walk fast for 5 min., 4 separate times during the day and do the bi-tri combo from Monday. **THURSDAY:** Walk for 30 min. at any pace. **FRIDAY:** Walk fast for 5 min., 4 separate times during the day and do the bi-tri combo.

TIP: Walk briskly as often as you can during the workouts. Fast walking gives you "all over" body slimming.

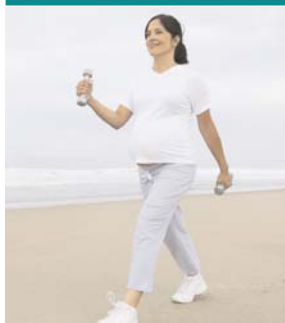
WEEK 2



MONDAY: Walk for 30 min. at a 15-min. mile pace. **TUESDAY:** Walk fast for 10 min., 2 separate times during the day. After each walk, try straight-on punches. Hold a 2-lb. hand weight in each hand and extend arms as if punching straight ahead. Alternate punches for 10 counts. Complete three sets. **WEDNESDAY:** Walk for 30 min. at a 15-min. mile pace. **THURSDAY:** Walk for 10 min., 2 separate times during the day and do 3 sets of straight-on punches. **FRIDAY:** Walk for 30 min. at a 15-min. mile pace.

TIP: Pump your arms forward and back instead of across your body, which slows your pace. You'll also be working more muscles this way.

WEEK 3



MONDAY: Walk for 15 min., 2 separate times during the day. Sculpt your arms with 3 sets of the bi-tri combo and straight-on punches. **TUESDAY:** Walk for 45 min. at a 15-minute mile pace. **WEDNESDAY:** Walk for 15 min., 2 separate times during the day and add the arm sculpting moves from Monday. **THURSDAY:** Walk for 45 min. at a 15-min. mile pace. That's 3 miles! **FRIDAY:** Walk for 15 min., 2 separate times during the day and add the arm sculpting routine.

TIP: Break up your workouts into small sessions to make them more doable. Walk for 15 min., 3 times a day to complete 3 miles.

WEEK 4



MONDAY: Walk for 45 min. at a 15-min. mile pace. Add the arm sculpting routine. **TUESDAY:** Walk for 20 min., 2 separate times during the day. **WEDNESDAY:** Walk for 30 min. at a 15-min. mile pace and add the arm sculpting routine. **THURSDAY:** Walk for 20 min., 2 separate times during the day. **FRIDAY:** Walk for 45 min. at a 15-min. mile pace. You will have walked 3 miles! Add the arm sculpting routine.

TIP: Don't forget to stretch your arms and legs after your workout. You'll cut down on soreness and prevent injury.