



# December 2015

Leslie Sansone DVD

Fitness Walking Challenge

Created By: WWW.EMPOWERMOMS.NET

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3	4	5
6	7 <b>DAY 1!</b> 3 miles	8 2 miles + Strength Training	9 3 miles + Abs	10 2 miles + Strength Training	11 4 miles	12 3 miles + Strength Training
13 REST DAY	14 2 miles + Strength Training	15 4 miles	16 3 miles + Strength Training	17 4 miles	18 2 miles + Strength Training	19 3 miles + Abs
20 REST DAY	21 <b>Day 15!</b> 5 miles	22	23	24	25	26
27	28	29	30	31		

**notes**

**Exercise at least 30 mins per day-rest day on Sunday. Strength Training & Abs sessions need to be at least 10 mins.**

**\*\*DVD options for Strength Training segment:**

Tone Every Zone Walk, Walk It Off in 30 days Firm 30, Ultimate 5 Day Walk Plan, Miracle Miles bonus segments

**\*\*DVD options for Abs segment:**

Walking Off The Pounds, Belly Blasting Walk, Ultimate 5 Day Walk Plan