Walk Off Weight 3 Times Faster

This is no ordinary walking workout. Our walker-tested program powers off pounds, flattens your belly, and firms every inch. You could drop a size this month—without dieting!

This plan is guaranteed to work:
Ask the nearly two dozen women, ages 34 to 63, who walked in heat and rain to test this revolutionary program. They lost up to 3 times the weight that they would have through traditional, steady-paced walking—shedding up to 14 pounds and trimming 3 inches off their waists in just 4 weeks.

This workout is taken from the Walk Off Weight (WOW) program, based on the latest exercise science, to get you moving, maximize fat loss, and leave lost pounds in the dust for good!

The WOW program is designed to keep you out of a walking rut and off those dreaded weight loss plateaus. The first step is fat-blasting interval walks, in which you’ll stride fast for a short period, then slow down to recover before cranking it back up. You’ll also do toning walks with an exercise band to firm your upper body while you walk, strength workouts to rev up your metabolism, and longer, steady-pace walks to burn more fat.

Start today and you could lose as much as 14 pounds, shrink your waist by 3 inches, and drop a size or more in just 4 weeks!

**Workout SCHEDULE**

<table>
<thead>
<tr>
<th>WEEKS</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 &amp; 2</td>
<td>30-Minute Interval Walk + Lower-Body Strength Moves for 45 MIN TOTAL</td>
<td>Toning Walk 20 MIN TOTAL</td>
<td>30-Minute Interval Walk + Core Strength Moves for 45 MIN TOTAL</td>
<td>Toning Walk 20 MIN TOTAL</td>
<td>30-Minute Interval Walk + Lower-Body Strength Moves for 45 MIN TOTAL</td>
<td>Long Walk* + Core Strength Moves for 60–75 MIN TOTAL</td>
<td>Rest</td>
</tr>
<tr>
<td>3 &amp; 4</td>
<td>45-Minute Interval Walk + Lower-Body Strength Moves for 60 MIN TOTAL</td>
<td>Toning Walk 25 MIN TOTAL</td>
<td>45-Minute Interval Walk + Core Strength Moves for 60 MIN TOTAL</td>
<td>Toning Walk 25 MIN TOTAL</td>
<td>45-Minute Interval Walk + Lower-Body Strength Moves for 60 MIN TOTAL</td>
<td>Long Walk* + Core Strength Moves for 90–105 MIN TOTAL</td>
<td>Rest</td>
</tr>
</tbody>
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*See p. 7 for duration.
Program at a Glance

<table>
<thead>
<tr>
<th>What You’ll Need</th>
<th>What You’ll Do</th>
<th>To Maximize Results</th>
</tr>
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<tbody>
<tr>
<td>Good-fitting walking shoes, a sports watch with interval timer, and a medium-weight elastic resistance band or tube (available at sporting goods stores or online)</td>
<td>A combination of walking and strength workouts (see Workout Schedule on p. 2) 6 days a week</td>
<td>Eat about 1,600 calories a day, filling up on whole grains, fruits, vegetables, lean proteins, and healthy monounsaturated fats. Also have 3 cups of green tea (hot or cold) daily—studies show compounds in the tea can help you burn belly fat!</td>
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Toning Walks

These moves are easy to do while you walk. Do twice a week.

**Weeks 1 & 2** After you warm up, continue walking at a moderate pace as you do the first exercise for 45 seconds, or about 20 reps. When you’re finished, drape band around neck and speed up to a brisk pace, as if you’re in a hurry, for 1 minute. Repeat the 45-second toning/1-minute brisk walking intervals until you’ve done all the exercises. Finish with 4 minutes of easy walking to cool down, for a 20-minute routine.

**Weeks 3 & 4** Increase the workout to 25 minutes by doing each toning move as you walk for 1 minute, or about 30 reps.

**Make it harder** Move hands closer together so you’re using less band.

**Make it easier** Separate hands farther apart so the band is more slack.

**Pull-Down** (firms upper and midback) Hold center of band overhead, hands shoulder-width apart, palms forward, elbows bent slightly. Keeping left hand stationary, pull right arm down and out to side to shoulder height, without bending elbow. Hold, then slowly return to starting position. (Work left arm on next toning interval, after doing a 1-minute brisk walk between moves.)

**Front Press** (firms chest) Loop band around back under arms. Grasp each side with hands near chest, palms forward, elbows pointing out. Extend arms straight in front at chest level. Hold, then slowly return to starting position. (Work left arm on next toning interval, after a 1-minute brisk walk.)

**Row** (firms midback) Hold center of band with both hands, arms extended in front at chest level. Keeping left arm stationary, bend right elbow and pull hand back toward hip, elbow pointing behind you. Hold, then slowly return to starting position. (Work left arm on next toning interval, after a 1-minute brisk walk.)

**Overhead Press** (firms shoulders) Loop band around upper back and under arms. Grasp an end in each hand, with elbows bent and pointing diagonally down, hands near shoulders, palms forward. Press hands straight up overhead. Hold, then slowly return to starting position.

**Arm Pull** (firms triceps) Drape band around neck. Grasp each side of band with arms bent, hands by shoulders. Keeping upper arms stationary, press hands down and straighten arms. Hold, then slowly return to starting position.

**Front Pull** (firms upper back) Hold band out in front, arms extended at chest height, hands about shoulder-width apart (A). Keeping arms straight, pull hands apart, squeezing shoulder blades and bringing hands almost directly out to sides (B). Hold, then slowly return to starting position.

Interval Walks

In one study, interval exercisers lost more weight with shorter workouts than women who exercised longer at a steady pace. Do 3 times a week.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>intensity</th>
<th>What It Feels Like</th>
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<tbody>
<tr>
<td>0:00–5:00</td>
<td>Easy walk (5 min)</td>
<td>3–5</td>
<td>Light effort, rhythmic breathing; you can sing</td>
</tr>
<tr>
<td>5:00–6:00</td>
<td>Moderate walk (1 min)</td>
<td>5–6</td>
<td>Some effort, breathing somewhat hard; can speak in full sentences</td>
</tr>
<tr>
<td>6:00–6:30</td>
<td>Fast walk (30 sec)</td>
<td>7–8</td>
<td>Very hard effort, breathless; can manage only yes/no responses</td>
</tr>
<tr>
<td>6:30–7:30</td>
<td>Moderate walk (1 min)</td>
<td>5–6</td>
<td>Some effort, breathing somewhat hard; can speak in full sentences</td>
</tr>
<tr>
<td>7:30–25:30</td>
<td>Repeat minutes 6:00–7:30 12 times*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25:30–30:00</td>
<td>Cool down (4 min 30 sec)</td>
<td>5–3</td>
<td>Light effort, rhythmic breathing; you can sing</td>
</tr>
</tbody>
</table>

*For weeks 3 & 4, repeat minutes 6:00–7:30 22 times. Then begin your cooldown at 40:30, and finish at 45:00
Lower-Body Strength Moves

Beyond the toned legs and butt you’ll get, these moves will help you walk about 15% faster—that’s equivalent to increasing your pace from 3.5 MPH to 4 MPH and burning about 80 extra calories an hour. Do twice a week after walking.

**Weeks 1 & 2: Do 12 to 15 reps** of each exercise, repeating on both sides.
**Weeks 3 & 4: Do 2 sets of 12 to 15 reps** of each exercise, repeating on both sides.

**Cross Leg Swing**
(TARGETS INNER THIGHS)

Tie band around a sturdy furniture leg or railing at floor level and loop it around left ankle (anchor point on left), with left leg extended out to side (A). Band should be taut. Flex left foot, contract inner thigh, and swing left leg across body (B). Hold, then slowly return to the start without touching foot to floor between reps.

**Moving Squat**
(TARGETS QUADS, AND OUTER THIGHS)

Stand with feet together (A). Step right foot out to side 2 to 3 feet, bend hips and knees, and sit back as if lowering into a chair. Keep knees behind toes (B). Stand up, bringing left foot toward right so feet are together. Step to left on next rep. Alternate sides until you’ve completed all reps.

Core Strength Moves

Strengthening your abs and back will protect you from injury, power your stride so you can go faster, and, of course, flatten your belly! Do twice a week after walking.

**Weeks 1 & 2: Do 15 to 20 reps**, on each side when appropriate.
**Weeks 3 & 4: Do 2 sets of 15 to 20 reps**, on each side when appropriate.

**Side Plank**
(TARGETS BACK AND ABS)

Lie on right side, right leg bent, left one extended (A). Prop yourself up on right elbow, palm flat, left hand on hip. Contract abs and raise right hip and thigh off floor (B). Slowly lower right hip toward floor without touching in between reps.

**Roll-Down**
(TARGETS ABS)

Sit on floor with knees bent, feet flat, arms extended in front of you (A). Pull abs in, round back, and inhale as you roll about halfway down toward floor (B). Exhale and slowly roll up, sitting tall.
Long Walk
The longer you go, the more calories you’ll burn naturally postwork-out, research shows.

Warm up by walking at an easy pace for about 5 minutes. Increase to a moderate pace for the duration of your walk, finishing with 5 minutes of easy walking to cool down. Do once a week.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
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<tbody>
<tr>
<td>45 minutes*</td>
<td>60 minutes</td>
<td>75 minutes</td>
<td>90 minutes</td>
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*All times include warmup and cooldown.

We Tested It!

MEG KRANZLEY, 51
“I lost 3 inches off my waist in 4 weeks!”
With a fitter body, Meg is unstoppable. She unpacked the entire car, lugging groceries and suitcases, all by herself during a recent vacation. “I didn’t feel winded or frazzled,” says Meg, who lost 9½ pounds in 4 weeks on the WOW diet and exercise plans.

GERI KREMPA, 46
“I got a better work-out in less time!”
“By day 14, I felt like a new person,” says Geri, who used to take hour-long walks. Even her husband commented that her face looked slimmer. “My belly bloat was gone too!” says Geri, who lost 8 pounds in 4 weeks on the WOW diet and exercise plans.

YVONNE SHORB, 62
“I walked a half-marathon!”
And she completed the 13.1 miles faster than her younger friends who joined her. “I can run after my grandkids and I biked 33 miles one day,” says Yvonne, who lost nearly 7 pounds in 4 weeks following the WOW work-outs only. “I feel 20 years younger!”

SUSAN MOYER, 52
“I lost over 11 pounds in a month!”
This former athlete also strengthened her legs enough to avoid knee surgery for an old injury and has loads of energy. “I went dancing for the first time in years, and I was fit enough to do it all night long,” says Susan, who did both the WOW diet and exercise plans.

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