

Mp3 Candace Grasso - Walk Fit Level I



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The ultimate cardio walking workout with powerful music and professional coach in your ear. 7 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Inspirational Details: Candace has six national certifications and has been honored by PowerBar as having been awarded membership to their prestigious Team Elite. Candace has traveled the world coaching, teaching, and motivating not only all those who line up to take on her fun and highly effective fitness challenges, but also as a continuing education provider conducting educational and practical workshops for other fitness professionals. Walk Fit Series Walking is the most accessible and user friendly fitness activity. All you need is a good pair of shoes and a front door! However, like all exercise programs, often boredom, lack of enthusiasm and or results can sideline your best intentions. Not ANYMORE... with our Walk Fit Workout Series, Candace is your coach and she will encourage, motivate and challenge you every step of the way. Lace up your shoes and get ready for an energizing virtual training session with a contagious musical beat that will always leave you wanting just a little bit more!!! Walk Fit Level One will lead you through approximately 2 miles in thirty minutes. The Level I Series is designed for the entry level fitness enthusiast, up to and through an intermediate level. People who are interested in should consider this download.

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