



Walk Away the Pounds with Leslie Sansone 3 VHS Set: 1 Mile/2 Mile/3 Mile (VHS)

Leslie Sansone

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Walk Away the Pounds with Leslie Sansone 3 VHS Set: 1 Mile/2 Mile/3 Mile (VHS) Leslie Sansone 3 VHS tapes. Titles are 1 Mile: Get Up and Get Started, 2 Miles: High Calorie Burn, and 3 Miles: Super Fat Burning. 1 Mile: Just a mile a day keeps the fat away (and the stress...and the health problems...and the aching back...). So dust off that VCR and give it a workout. 2 Miles: You can change your body -- 2 miles can make a major difference. As long as you keep walking, you'll keep dropping those inches. Make some space in front of your couch...it's time to feel that High Calorie Burn. 3 Miles: This 3-mile super workout will really challenge you. You're going to get more of what you want -- more fat burning, more whole body conditioning, more incredible results. Weights are used for extra intensity for the 3-mile.

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