



Walkfit Plus : Kathy Smith's Lean Walk System

Kathy Smith

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Kathy Smith is back with a dynamic new three-pack walking series, "Kathy Smith's Walkfit Plus: Lean Walk System", featuring Kathy's breakthrough concept to take off those extra pounds and get the lean body you want. When it comes to walking it's easy to fall into the trap of doing the same workout, at the same pace, for the same predictable results. With her revolutionary new "Lean Walk System", Kathy Smith will change the way you walk and your results. 3 cassettes. .

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