

The original WALKVEST® by Debbie Rocker for Total Body Conditioning

Strategically positioned weights create an effective fat burning, body sculpting, total body workout.

- BURN MORE FAT AND CALORIES
- LOSE WEIGHT FASTER
- TONE AND SCULPT YOUR ENTIRE BODY
- BUILD BONE DENSITY



- LOSE WEIGHT
- SCULPT, TONE, AND STRENGTHEN
- BUILD BONE DENSITY



WALKVEST comes with 4 lbs of weights, a motivational CD and instructional brochure

Designed by former pro athlete and fitness expert **Debbie Rocker**, seen on **Oprah** and the **Rachael Ray Show**, and worn by **Valerie Bertinelli** who claims that Walkvest is her weight loss secret weapon, this amazing adjustable weighted WALKVEST turns walking into a total body, fat burning, workout.

The music driven **motivational workouts** on CD provide **expert coaching** for fun, exciting, and highly effective walking workouts.

WALKVEST is highly recommended, and sold by, medical and fitness professionals.



Turn your ordinary treadmill workout into an extraordinary aerobic and weight bearing training session.

Bautec
P.O. Box 456, Fontainebleau, 2032
Tel: 011-791-5019
e-mail: info@walkvest.co.za
web: www.walkvest.co.za

