



Wellbeats™

BUILD STRENGTH WORKOUT PLAN

If you have not experienced barbell and/or kettlebell training or are looking to increase your strength, this plan is for you. Along with barbell and kettlebell classes, you'll get one day each week of focused core training, which is necessary when lifting heavy weights. We've included a Fit Test at the beginning and end of this plan to give you a starting benchmark and help you measure progress and results. Grab a friend and set a goal together!

Recommended Equipment



YOGA MAT



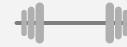
STEP AND RISERS



KETTLEBELLS



DUMBBELLS



BARBELL SETUP

What's Next

- Try this plan again, increasing the weight used by 10-15%
- Try this plan again and follow the instructor on the left for increased challenge
- Progress to the GET FIT 3 plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Wellbeats Fit Test 1 or 2, 25-30 min	Bar Strong Tutorial, 20 min - AND - Bar Strong Basic, 20 min	REST	eXpress Strong Core 20 min	Kettle Power Tutorial, 20 min - AND - Kettle Power Basic, 20 min	eXpress The Rolldown 20 min OR Fusion Blissed Out Hips 50 min	REST
WEEK 2	Bar Strong Endurance Builder 20 min	Kettle Power BASIC, 20 min	REST	eXpress Epicenter 20 min	Kettle Power Circuit Breakers 20 min	eXpress Breathe Into It 20 min OR Fusion Unlock and Unblock 20 min	REST
WEEK 3	Bar Strong Resist Persist 20 min	Kettle Power Rack N Roll, 35 min	REST	eXpress ABSolutely Core 20 min	Bar Strong Fast and Fierce 20 min	eXpress The Rolldown 20 min OR Fusion Blissed Out Hips 50 min	REST
WEEK 4	Kettle Power Rack N Roll 35 min	Bar Strong Escalation, 35 min	REST	eXpress Strong Core 20 min	Kettle Power Power Up 35 min	eXpress Breathe Into It 20 min OR Fusion Unlock and Unblock 20 min	REST
WEEK 5	Bar Strong Got Your Back 35 min	Kettle Power Circuit Breakers, 20 min	REST	eXpress Epicenter 20 min	Kettle Power Power Up 35 min	eXpress Breathe Into It 20 min OR Fusion Dynamic Pilates 35 min	REST
WEEK 6	Bar Strong Escalation 35 min	Kettle Power Power Round, 35 min	REST	eXpress ABSolutely Core 20 min	Repeat Original Wellbeats Fit Test 1 or 2, 25-30 min	eXpress The Rolldown 20 min OR Fusion Blissed Out Hips 50 min	REST