



# Wellbeats™

## GET FIT 1 WORKOUT PLAN

This plan is meant to help you increase your cardio fitness, muscle strength, tone and endurance. You'll participate in a varied program, 5 days a week, 20 or 35 minutes each session. Each week includes resistance training, kickboxing, interval training (alternating high intensity with active recovery), targeted classes for abs, core, arms and glutes, and a stretch day after a full week of training. 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



DUMBBELLS



RESISTANCE BANDS

### What's Next

- For weight loss, try the LOSE WEIGHT plan
- To progress, try the GET FIT 2 plan
- To fine tune your muscles, try the GET TONED plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Wellbeats Fit Test Basic, 1, or 2 15-30 min	TKO Punch, Kick, Move 20 min	Definitions Power of 10 20 min	REST	eXpress Double Whammy 20 min	Kinetics HIIT Me With It 20 min	eXpress Breathe Into It 20 min <b>OR</b> REST
WEEK 2	Definitions Power of 10 20 min	TKO Adrenalin 20 min	Kinetics Fast N Furious 35 min	REST	Definitions Hit It Strong 20 min	eXpress Epicenter 20 min	eXpress Breathe Into It 20 min <b>OR</b> REST
WEEK 3	Kinetics Fast N Furious 35 min	TKO Punch, Kick, Move 20 min	Definitions Total Body Burn 35 min	REST	eXpress Double Whammy 20 min	Kinetics Go 4 It 35 min	eXpress Breathe Into It 20 min <b>OR</b> REST
WEEK 4	Definitions Total Body Burn 35 min	TKO Torch 35 min	Kinetics Go 4 It 35 min	REST	eXpress Epicenter 20 min	Repeat Original Wellbeats Fit Test Basic, 1, or 2 15-30 min	eXpress Breathe Into It 20 min <b>OR</b> REST