



Wellbeats™

GET FIT 2 WORKOUT PLAN

Increase your muscular endurance, stamina, tone and strength using only your bodyweight as resistance against the floor. 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

What's Next

- Try the GET TONED plan for quick targeted training
- Try the GET FIT 3 plan to strive for peak performance
- Try the BUILD STRENGTH plan to increase strength

	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	eXpress Lean Legs and Core 20 min	Definitions Walk the Plank 20 min	REST	Kinetics Bodyweight BASIC 20 min	Transitions Body Bing Body Boom 20 min	REST
WEEK 2	Kinetics Let's HIIT It 20 min	eXpress In the Zone 20 min	Definitions BYOB 20 min	REST	Fusion HIIT Your Flow 20 min	eXpress Tabata Heat 20 min	REST
WEEK 3	Kinetics Turn HIIT Up 20 min	eXpress Upper Body Fit 20 min	Definitions The Body Factor 20 min	REST	Kinetics Body Fueled 20 min	Transitions Vitaly Strong 20 min	REST
WEEK 4	Kinetics Go 4 It 35 min	eXpress Rock Your Core 20 min	Definitions Hit It Strong 20 min	REST	Fusion Plank Games 20 min	Kinetics The Matrix 20 min	REST
WEEK 5	Kinetics Amped 35 min	eXpress Yoga Strong 20 min	Definitions The Body Factor 20 min	REST	Fusion Peak Your Yoga 20 min	Repeat Original Wellbeats Fit Test 1, or 2 25-30 min	REST