

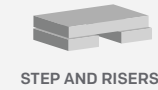


# Wellbeats™

## GET FIT 3 WORKOUT PLAN

This plan is meant to help you bust a plateau, strive for peak performance, and get you in the best shape of your life. Utilizing both interval training (alternating high intensity with active recovery) and resistance training, these classes challenge you with every workout. 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



### What's Next

- Try the BUILD STRENGTH plan to stimulate your metabolism
- Take a break from using weights and try the GET FIT 2 plan
- Choose your own classes, include 2-3 days of Kinetics and/or Definitions weekly

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Wellbeats Fit Test 2 30 min	Definitions Break Plateaus 35 min	TKO Beat Down 20 min <b>OR</b> <b>REST</b>	Kinetics Fast N Furious 35 min	Definitions Total Body Burn 35 min	Kinetics Step It Up 35 min <b>AND</b> eXpress Circuit Shock Extreme 20 min	<b>REST</b>
WEEK 2	Definitions Break Plateaus 35 min	Kinetics Go 4 It 35 min	TKO Beat Down 20 min <b>OR</b> <b>REST</b>	Definitions Total Body Burn 35 min	Kinetics Fast N Furious 35 min	Definitions Hearty Strength, 50 min	<b>REST</b>
WEEK 3	Kinetics Step It Up, 35 min <b>AND</b> eXpress Circuit Shock Extreme, 20 min	TKO Burpee Challenge 35 min	Definitions BYOB 20 min <b>OR</b> <b>REST</b>	Kinetics MCT3 50 min	Definitions Total Body Burn 35 min	TKO 1-2 Punch-HIIT 20 min <b>AND</b> Fusion Yoga Burn Firm 20 min	<b>REST</b>
WEEK 4	Definitions Total Body Burn 35 min	Kinetics MCT3 50 min	TKO Punch Kick Move 20 min <b>OR</b> <b>REST</b>	Kinetics Circuit Crazy 35 min <b>AND</b> eXpress Tabata Heat 20 min	TKO Burpee Challenge 35 min	Definitions Power of 10 20 min <b>AND</b> Fusion Plank Games 20 min	<b>REST</b>
WEEK 5	TKO Metabolic Mayhem 50 min	Definitions Work It 50 min	TKO Beat Down 20 min <b>OR</b> <b>REST</b>	Kinetics MCT3 50 min	Definitions Hearty Strength 50 min	Kinetics Amped, 20 min	<b>REST</b>
WEEK 6	Definitions Work It 50 min	Kinetics Circuit Crazy 35 min <b>AND</b> eXpress Tabata Heat, 20 min	TKO Fight Club 20 min <b>OR</b> <b>REST</b>	Definitions Hearty Strength 50 min	TKO Combat Mode 35 min	Kinetics Body Fueled 20 min <b>AND</b> Fusion Plank Games 20 min	<b>REST</b>
WEEK 7	Kinetics MCT3 50 min	Definitions Hearty Strength 50 min	TKO Punch Kick Move 20 min <b>OR</b> <b>REST</b>	Kinetics Go 4 It 35 min	Definitions Work It 50 min	Kinetics The Fighter 20 min <b>AND</b> TKO Adrenalin 20 min	<b>REST</b>
WEEK 8	Definitions Hearty Strength 50 min	Kinetics Amped 35 min	Fusion GUTS 20 min <b>OR</b> <b>REST</b>	Definitions Work It 50 min	TKO Metabolic Mayhem 50 min	Wellbeats Fit Test 2, 30 min	<b>REST</b>