



# Wellbeats™

## GET STARTED WORKOUT PLAN

Congratulations on making the choice to start your fitness journey! This plan offers basic exercises, requires minimal time and equipment and gets you off to a great start. 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
- Try the GET FIT 1 plan for overall fitness
- Explore other Wellbeats Channels to find classes you enjoy

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Wellbeats Fit Test Basic 15 min	REST	TKO BASIC 20 min	REST	Fusion FUNdamentals 20 min	Kinetics Bodyweight BASIC 20 min	REST
WEEK 2	Kinetics Next Level 20 min	REST	TKO BASIC 20 min	REST	Fusion FUNdamentals 20 min	Kinetics Bodyweight BASIC 20 min	REST
WEEK 3	Kinetics All In 20 min	REST	TKO Attack Retreat 35 min	REST	Fusion Unlock and Unblock 20 min	Kinetics The Matrix 20 min	REST
WEEK 4	Kinetics Circuit Crazy 35 min	REST	TKO Fight Club 20 min	REST	Fusion GUTS 35 min	Repeat Original Wellbeats Fit Test Basic 15 min	REST