



Wellbeats™

IMPROVE CORE STRENGTH WORKOUT PLAN

Target your core with classes that challenge your stability, strength and endurance. You will complete 20 minute classes either 5 or 6 days each week. Days where the "optional" equipment is used in the class, an alternative class using no equipment has been provided. Grab a friend and set a goal together!

Recommended Equipment



YOGA MAT



DUMBBELLS



Resistance Bands



TOWEL

Optional Equipment



STABILITY BALL



STEP AND RISERS

What's Next

- For weight loss, try the LOSE WEIGHT plan.
- For targeted muscle toning, try the GET TONED plan.
- To improve overall fitness, try any of the GET FIT plans.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	eXpress Ultimate Core 20 min	eXpress In The Zone 20 min	eXpress Plank & Burn 20 min	Kinetics Bodyweight Basic 20 min OR REST	eXpress Ignite Your Abs 20 min - OR - Ultimate Core 20 min	REST	eXpress Double Whammy 20 min
WEEK 2	Fusion Pilates Plus 20 min	eXpress Lean Legs & Core 20 min	eXpress 1,2...Core 20 min	Kinetics Body Fueled 20 min OR REST	eXpress ABSolutely Core 20 min - OR - Lean Legs & Core 20 min	REST	eXpress Endure 20 min
WEEK 3	Fusion Core Play 20 min	eXpress Rock Your Core 20 min	eXpress Towel Teaser 20 min	Kinetics Matrix 20 min OR REST	eXpress Strong Core 20 min - OR - Rock Your Core 20 min	REST	Definitions Walk the Plank 20 min
WEEK 4	eXpress Core Challenge 20 min	eXpress From All Angles 20 min	eXpress Epicenter 20 min	Kinetics Amped 20 min OR REST	eXpress Plankless 20 min - OR - In The Zone 20 min	REST	eXpress Ascension 20 min