



Wellbeats™

LOSE WEIGHT WORKOUT PLAN

This plan is ideal for a new exerciser or someone who hasn't exercised in 6-12 months. The classes in the plan are based on the science of weight loss and proven to be the most effective way lose weight and keep it off. We've included a Fit Test at the beginning, halfway through, and at the 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

- Try this plan again, following the instructor on the left for more challenging options
- Try the GET TONED plan for targeted muscle toning
- Try the GET FIT plans to increase overall fitness

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		
WEEK 1	Wellbeats Fit Test Basic or 1 15-25 min	REST	Definitions BASIC 20 min	TKO BASIC 20 min	OR	REST	Kinetics Next Level 20 min	eXpress Towel Teaser 20min OR eXpress Breathe Into It 20 min	REST
WEEK 2	Definitions BASIC 20 min	REST	Kinetics Next Level 20 min	Definitions Walk the Plank 20 min	OR	REST	Definitions Power of 10 20 min	Fusion FUNdamentals 20 min	REST
WEEK 3	eXpress Double Whammy 20 min	REST	Definitions Power of 10 20 min	TKO BASIC 20 min	OR	REST	eXpress Combustion 20 min	TKO Beat Down 20 min OR eXpress Breathe Into It 20 min	REST
WEEK 4	Definitions Dirty Dozen 20	REST	eXpress Combustion 20 min	Definitions Walk the Plank 20 min	OR	REST	Kinetics Fast N Furious 35 min	Fusion Unlock and Unblock 20 min	REST
WEEK 5	Repeat Original Wellbeats Fit Test Basic or 1 15-25 min	REST	Kinetics Fast N Furious 35 min	TKO 1-2 Punch HIIT 20 min	OR	REST	Definitions Total Body Burn 35 min	eXpress Towel Teaser 20 min OR eXpress Breathe Into It 20 min	REST
WEEK 6	Definitions Total Body Burn 35 min	REST	Kinetics Go 4 It 35 min	TKO Adrenalin 20 min	OR	REST	Definitions Work It 50 min	TKO Beat Down 20 min OR eXpress Breathe Into It 20 min	REST
WEEK 7	Kinetics Go 4 It 35 min	REST	Definitions Work It 50 min	TKO 1-2 Punch HIIT 20 min	OR	REST	Kinetics Circuit Crazy 35 min	Fusion FUNdamentals 20 min	REST
WEEK 8	Definitions Work It 50 min	REST	Kinetics Circuit Crazy 35 min	TKO Adrenalin 20 min	OR	REST	Repeat Original Wellbeats Fit Test Basic or 1 15-25 min	Fusion Unlock and Unblock 20 min	REST