



BUILD STRENGTH WORKOUT PLAN

If you have not experienced barbell and/or kettlebell training or are looking to increase your strength, this plan is for you. Along with barbell and kettlebell classes, you'll get one day each week of focused core training, which is necessary when lifting heavy weights. 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



Step And Risers



Kettlebells



Dumbbells



Barbell Setup

What's Next

- Try this plan again, increasing the weight used by 10-15%
- Try this plan again and follow the instructor on the left for increased challenge
- Progress to the GET FIT 3 plan

| | 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 | Bar Strong Tutorial, 20 min - AND - Bar Strong Basic, 20 min | REST | eXpress Strong Core 20 min | Kettle Power Tutorial, 20 min - AND - Kettle Power Basic, 20 min | eXpress The Rolldown 20 min | OR Fusion Blissed Out Hips 50 min | REST |
| WEEK 2 | Bar Strong Endurance Builder 20 min | Kettle Power BASIC, 20 min | REST | eXpress Epicenter 20 min | Kettle Power Circuit Breakers 20 min | eXpress Breathe Into It 20 min | OR Fusion Unlock and Unblock 20 min | REST |
| WEEK 3 | Bar Strong Resist Persist 20 min | Kettle Power Rack N Roll, 35 min | REST | eXpress ABSolutely Core 20 min | Bar Strong Fast and Fierce 20 min | eXpress The Rolldown 20 min | OR Fusion Blissed Out Hips 50 min | REST |
| WEEK 4 | Kettle Power Rack N Roll 35 min | Bar Strong Escalation, 35 min | REST | eXpress Strong Core 20 min | Kettle Power Power Up 35 min | eXpress Breathe Into It 20 min | OR Fusion Unlock and Unblock 20 min | REST |
| WEEK 5 | Bar Strong Got Your Back 35 min | Kettle Power Circuit Breakers, 20 min | REST | eXpress Epicenter 20 min | Kettle Power Power Up 35 min | eXpress Breathe Into It 20 min | OR Fusion Dynamic Pilates 35 min | REST |
| WEEK 6 | Bar Strong Escalation 35 min | Kettle Power Power Round, 35 min | REST | eXpress ABSolutely Core 20 min | Repeat Original Wellbeats Fit Test 1 or 2, 25-30 min | eXpress The Rolldown 20 min | OR Fusion Blissed Out Hips 50 min | REST |