



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



Yoga Mat



Step And Risers



Resistance Bands



Dumbbells

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