



Wellbeats™

GET TONED WORKOUT PLAN

Tone your body in 20 minutes a day! Each week, you'll do six different types of classes: core, upper body, lower body, total body, cardio and yoga. The seventh day is a stretch and recovery class. Each week follows the same pattern, but with new and different classes. Grab a friend and set a goal together!

Recommended Equipment



Yoga Mat



Step And Risers



Resistance Bands



Dumbbells

What's Next

- For weight loss, try the LOSE WEIGHT plan
- To increase your strength, try the BUILD STRENGTH plan
- Try any of the GET FIT plans

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--------|-----------------------------------|-----------------------------------|--------------------------------------|---------------------------------|-----------------------------------|---|--|
| WEEK 1 | eXpress Epicenter 20 min | eXpress Sculpt N Sweat 20 min | eXpress Lean Legs and Core 20 min | eXpress Less is More 20 min | eXpress Towel Teaser 20 min | eXpress Circuit Shock Extreme 20 min | eXpress The Rolldown 20 min OR eXpress Breathe Into It 20 min |
| WEEK 2 | eXpress Strong Core 20 min | eXpress BisTrisCoreMore 20 min | eXpress 1, 2...Core 20 min | eXpress Yoga Strong 20 min | eXpress Trouble Shaping 20 min | eXpress Tabata Heat 20 min | eXpress Total Body Stretch 20 min OR eXpress Breathe Into It 20 min |
| WEEK 3 | eXpress ABSolutely Core 20 min | eXpress Upper Body Fit 20 min | eXpress Make It Super 20 min | eXpress Heart Opener 20 min | eXpress Towel Teaser 20 min | eXpress Combustion 20 min | eXpress Roll With It 20 min OR eXpress Breathe Into It 20 min |
| WEEK 4 | eXpress Rock Your Core 20 min | eXpress Endure 20 min | eXpress 1, 2...Core 20 min | eXpress Light Hearted 20 min | eXpress Double Whammy 20 min | eXpress Dare You to Balance 20 min | eXpress The Rolldown 20 min OR eXpress Breathe Into It 20 min |
| WEEK 5 | eXpress Plank Less 20 min | eXpress Sculpt N Sweat 20 min | eXpress TriPerfecta 20 min | eXpress Yoga Strong 20 min | eXpress In the Zone 20 min | eXpress Ascension 20 min | eXpress Total Body Stretch 20 min OR eXpress Breathe Into It 20 min |