



Wellbeats™

MAINTAIN, DON'T GAIN WORKOUT PLAN

How do you beat the “holiday bulge”? This plan is designed to provide you quick, yet highly effective 20 minute workouts, with days off in between for busy shopping and holiday partying. You get an overall, total body plan using only a portable resistance band and your own bodyweight to help not only maintain your current fitness level and weight, but also annihilate mega calories by week’s end! Grab a friend and set a goal together!

Recommended Equipment



Yoga Mat



Resistance Bands

What's Next

- For weight loss, try the LOSE WEIGHT plan
- Try the GET FIT plan to increase overall fitness
- For extra stress relief, try the RELIEVE STRESS plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
WEEK 1	Wellbeats Fit Test Basic, 1, or 2 15-30 min	REST	Fusion Plank Games 20 min	REST	Kinetics HIIT Me With It 20 min	TKO Adrenalin 20 min	OR REST	REST
WEEK 2	Kinetics Turn HIIT Up 20 min	REST	Fusion Yoga Burn Firm 20 min	REST	TKO Fight Club 20 min	Definitions Hit It Strong 20 min	OR REST	REST
WEEK 3	Kinetics HITT Me With It 20 min	REST	Fusion Chisel Flow 20 min	REST	Definitions BYOB 20 min	TKO Beatdown 20 min	OR REST	REST
WEEK 4	Kinetics Turn HIIT Up 20 min	REST	Fusion Yoga Burn Firm 20 min	REST	Repeat Original Wellbeats Fit Test Basic, 1, or 2 15- 30 min	Definitions Hit It Strong 20 min	OR REST	REST