



Build Strength Challenge

If you have not experienced barbell and/or kettlebell training or are looking to increase your strength, this challenge 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 challenge 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



Barbell Setup



Kettlebells



Dumbbells

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