



Wellbeats™

Get Fit 1 Challenge

This challenge is meant to help you increase your cardio fitness, muscle strength, tone and endurance. You'll participate in a varied program, 5 days a week, 20 or 35 minutes each session. Each week includes resistance training, kickboxing, interval training (alternating high intensity with active recovery), targeted classes for abs, core, arms and glutes, and a stretch day after a full week of training. 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



Dumbbells



Resistance Bands

	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	Punch, Kick, Move TKO (Kickboxing) 20 min	Power of 10 Definitions (Lean Sculpting) 20 min	REST	Double Whammy Express (Toning) 20 min	HIIT Me With It Kinetics (HIIT) 20 min	Breathe Into It Express (Toning) 20 min OR	REST
WEEK 2	Power of 10 Definitions (Lean Sculpting) 20 min	Adrenaline TKO (Kickboxing) 20 min	Fast N Furious Kinetics (HIIT) 35 min	REST	Hit It Strong Definitions (Lean Sculpting) 20 min	Epicenter Express (Toning) 20 min	Breathe Into It Express (Toning) 20 min OR	REST
WEEK 3	Fast N Furious Kinetics (HIIT) 35 min	Punch, Kick, Move TKO (Kickboxing) 20 min	Total Body Burn Definitions (Lean Sculpting) 35 min	REST	Double Whammy Express (Toning) 20 min	Go 4 It Kinetics (HIIT) 35 min	Breathe Into It Express (Toning) 20 min OR	REST
WEEK 4	Total Body Burn Definitions (Lean Sculpting) 35 min	Torch TKO (Kickboxing) 35 min	Go 4 It Kinetics (HIIT) 35 min	REST	Epicenter Express (Toning) 20 min	Repeat Original Wellbeats Fit Test Basic, 1, or 2 15-30 min	Breathe Into It Express (Toning) 20 min OR	REST