



Wellbeats™

Get Fit 2 Challenge

Increase your muscular endurance, stamina, tone and strength using only your bodyweight as resistance against the floor. 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

	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	Lean Legs and Core Express (Toning) 20 min	Walk the Plank Definitions (Lean Sculpting) 20 min	REST	Bodyweight BASIC Kinetics (HIIT) 20 min	Body Bing Body Boom Transitions (Anti-Aging) 20 min	REST
WEEK 2	Let's HIIT It Kinetics (HIIT) 20 min	In the Zone Express (Toning) 20 min	BYOB Definitions (Lean Sculpting) 20 min	REST	HIIT Your Flow Fusion (Yoga) 20 min	Tabata Heat Express (Toning) 20 min	REST
WEEK 3	Turn HIIT Up Kinetics (HIIT) 20 min	Upper Body Fit Express (Toning) 20 min	The Body Factor Definitions (Lean Sculpting) 20 min	REST	Body Fueled Kinetics (HIIT) 20 min	Vitality Strong Transitions (Anti-Aging) 20 min	REST
WEEK 4	Go 4 It Kinetics (HIIT) 35 min	Rock Your Core Express (Toning) 20 min	Hit It Strong Definitions (Lean Sculpting) 20 min	REST	Plank Games Fusion (Yoga) 20 min	The Matrix Kinetics (HIIT) 20 min	REST
WEEK 5	Amped Kinetics (HIIT) 35 min	Yoga Strong Express (Toning) 20 min	The Body Factor Definitions (Lean Sculpting) 20 min	REST	Peak Your Yoga Fusion (Yoga) 20 min	Repeat Original Wellbeats Fit Test 1 or 2, 25-30 min	REST