



Wellbeats™

Get Fit 3 Challenge

This challenge is meant to help you bust a plateau, strive for peak performance, and get you in the best shape of your life. Utilizing both interval training (alternating high intensity with active recovery) and resistance training, these classes challenge you with every workout. 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



Resistance Bands



Dumbbells

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7		
WEEK 1	Wellbeats Fit Test 2 30 min	Break Plateaus Definitions (Sculpting) 35 min	Beat Down TKO (Kickboxing) OR 20 min	REST	Fast N Furious Kinetics (HIIT) 35 min	Total Body Burn Definitions (Sculpting) 35 min	Step It Up Kinetics (HIIT) AND 35 min	Circuit Shock Extreme Express (Toning) 20 min	REST
WEEK 2	Break Plateaus Definitions (Sculpting) 35 min	Go 4 It Kinetics (HIIT) 35 min	Beat Down TKO (Kickboxing) OR 20 min	REST	Total Body Burn Definitions (Sculpting) 35 min	Fast N Furious Kinetics (HIIT) 35 min	Hearty Strength Definitions (Sculpting) 50 min		REST
WEEK 3	Step It Up , Kinetics 35 min AND Circuit Shock Extreme Express 20 min	Burpee Challenge TKO (Kickboxing) 35 min	BYOB Definitions OR 20 min	REST	MCT3 Kinetics (HIIT) 50 min	Total Body Burn Definitions (Sculpting) 35 min	1-2 Punch-HIIT TKO AND 20 min	Yoga Burn Firm Fusion (Yoga) 20 min	REST
WEEK 4	Total Body Burn Definitions (Sculpting) 35 min	MCT3 Kinetics (HIIT) 50 min	Punch Kick Move TKO (Kickboxing) OR 20 min	REST	Circuit Crazy , Kinetics 35 min AND Tabata Heat Express 20 min	Burpee Challenge TKO (Kickboxing) 35 min	Power of 10 Definitions AND 20 min	Plank Games Fusion (Yoga) 20 min	REST
WEEK 5	Metabolic Mayhem TKO (Kickboxing) 50 min	Work It Definitions (Sculpting) 50 min	Beat Down TKO (Kickboxing) OR 20 min	REST	MCT3 Kinetics (HIIT) 50 min	Hearty Strength Definitions (Sculpting) 50 min	Amped Kinetics (HIIT) 20 min		REST
WEEK 6	Work It Definitions (Sculpting) 50 min	Circuit Crazy , Kinetics 35 min AND Tabata Heat Express 20 min	Fight Club TKO (Kickboxing) OR 20 min	REST	Hearty Strength Definitions (Sculpting) 50 min	Combat Mode TKO (Kickboxing) 35 min	Body Fueled Kinetics (HIIT) AND 20 min	Plank Games Fusion (Yoga) 20 min	REST
WEEK 7	MCT3 Kinetics (HIIT) 50 min	Hearty Strength Definitions (Sculpting) 50 min	Punch Kick Move TKO (Kickboxing) OR 20 min	REST	Go 4 It Kinetics (HIIT) 35 min	Work It Definitions (Sculpting) 50 min	The Fighter Kinetics (HIIT) AND 20 min	Adrenalin TKO 20 min	REST
WEEK 8	Hearty Strength Definitions (Sculpting) 50 min	Amped Kinetics (HIIT) 35 min	GUTS Fusion (Yoga) OR 20 min	REST	Work It Definitions (Sculpting) 50 min	Metabolic Mayhem TKO (Kickboxing) 50 min	Wellbeats Fit Test 2 30 min		REST