



## Get Started Challenge

Congratulations on making the choice to start your fitness journey! This challenge offers basic exercises, requires minimal time and equipment and gets you off to a great start. 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	<b>Wellbeats Fit Test Basic</b> 15 min	<i>REST</i>	<b>TKO BASIC</b> TKO (Kickboxing) 20 min	<i>REST</i>	<b>FUNDamentals</b> Fusion (Yoga) 20 min	<b>Bodyweight BASIC</b> Kinetics (HIIT) 20 min	<i>REST</i>
WEEK 2	<b>Next Level</b> Kinetics (HIIT) 20 min	<i>REST</i>	<b>TKO BASIC</b> TKO (Kickboxing) 20 min	<i>REST</i>	<b>FUNDamentals</b> Fusion (Yoga) 20 min	<b>Bodyweight BASIC</b> Kinetics (HIIT) 20 min	<i>REST</i>
WEEK 3	<b>All In</b> Kinetics (HIIT) 20 min	<i>REST</i>	<b>Attack Retreat</b> TKO (Kickboxing) 35 min	<i>REST</i>	<b>Unlock and Unblock</b> Fusion (Yoga) 20 min	<b>The Matrix</b> Kinetics (HIIT) 20 min	<i>REST</i>
WEEK 4	<b>Circuit Crazy</b> Kinetics (HIIT) 35 min	<i>REST</i>	<b>Fight Club</b> TKO (Kickboxing) 20 min	<i>REST</i>	<b>GUTS</b> Fusion (Yoga) 35 min	<b>Wellbeats Fit Test Basic</b> 15 min	<i>REST</i>