



# Wellbeats™

## Get Toned Challenge

Tone your body in 20 minutes a day! Each week, you'll do six different types of classes: core, upper body, lower body, total body, cardio and yoga. The seventh day is a stretch and recovery class. Each week follows the same pattern, but with new and different classes. 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	<b>Epicenter</b> Express (Toning) 20 min	<b>Sculpt N Sweat</b> Express (Toning) 20 min	<b>Lean Legs and Core</b> Express (Toning) 20 min	<b>Less is More</b> Express (Toning) 20 min	<b>Towel Teaser</b> Express (Toning) 20 min	<b>Circuit Shock Extreme</b> Express (Toning) 20 min	<b>The Rolldown</b> Express (Toning) 20 min	<b>Breathe Into It</b> Express (Toning) 20 min
WEEK 2	<b>Strong Core</b> Express (Toning) 20 min	<b>BisTrisCoreMore</b> Express (Toning) 20 min	<b>1, 2...Core</b> Express (Toning) 20 min	<b>Yoga Strong</b> Express (Toning) 20 min	<b>Trouble Shaping</b> Express (Toning) 20 min	<b>Tabata Heat</b> Express (Toning) 20 min	<b>Total Body Stretch</b> Express (Toning) 20 min	<b>Breathe Into It</b> Express (Toning) 20 min
WEEK 3	<b>ABSolutely Core</b> Express (Toning) 20 min	<b>Upper Body Fit</b> Express (Toning) 20 min	<b>Make It Super</b> Express (Toning) 20 min	<b>Heart Opener</b> Express (Toning) 20 min	<b>Towel Teaser</b> Express (Toning) 20 min	<b>Combustion</b> Express (Toning) 20 min	<b>Roll With It</b> Express (Toning) 20 min	<b>Breathe Into It</b> Express (Toning) 20 min
WEEK 4	<b>Rock Your Core</b> Express (Toning) 20 min	<b>Endure</b> Express (Toning) 20 min	<b>1, 2...Core</b> Express (Toning) 20 min	<b>Light Hearted</b> Express (Toning) 20 min	<b>Double Whammy</b> Express (Toning) 20 min	<b>Dare You to Balance</b> Express (Toning) 20 min	<b>The Rolldown</b> Express (Toning) 20 min	<b>Breathe Into It</b> Express (Toning) 20 min
WEEK 5	<b>Plank Less</b> Express (Toning) 20 min	<b>Sculpt N Sweat</b> Express (Toning) 20 min	<b>TriPerfecta</b> Express (Toning) 20 min	<b>Yoga Strong</b> Express (Toning) 20 min	<b>In the Zone</b> Express (Toning) 20 min	<b>Ascension</b> Express (Toning) 20 min	<b>Total Body Stretch</b> Express (Toning) 20 min	<b>Breathe Into It</b> Express (Toning) 20 min