



# Wellbeats™

## Improve Core Strength Challenge

Target your core with classes that challenge your stability, strength and endurance. You will complete 20 minute classes either 5 or 6 days each week. Days where the “optional” equipment is used in the class, an alternative class using no equipment has been provided. Grab a friend and set a goal together!

### Recommended Equipment



Yoga Mat



Dumbbells



Resistance Bands



Towel

### Optional Equipment



Stability Ball



Step And Risers

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>Ultimate Core</b> Express (Toning) 20 min	<b>In The Zone</b> Express (Toning) 20 min	<b>Plank &amp; Burn</b> Express (Toning) 20 min	<b>Bodyweight Basic</b> Kinetics (HIIT) 20 min <b>OR</b> <b>REST</b>	<b>Ignite Your Abs</b> Express (Toning) 20 min – <b>OR</b> – <b>Ultimate Core</b> Express (Toning) 20 min	<b>REST</b>	<b>Double Whammy</b> Express (Toning) 20 min
WEEK 2	<b>Pilates Plus</b> Fusion (Yoga) 20 min	<b>Lean Legs &amp; Core</b> Express (Toning) 20 min	<b>1,2...Core</b> Express (Toning) 20 min	<b>Body Fueled</b> Kinetics (HIIT) 20 min <b>OR</b> <b>REST</b>	<b>ABSolutely Core</b> Express (Toning) 20 min – <b>OR</b> – <b>Lean Legs &amp; Core</b> Express (Toning) 20 min	<b>REST</b>	<b>Endure</b> Express (Toning) 20 min
WEEK 3	<b>Core Play</b> Fusion (Yoga) 20 min	<b>Rock Your Core</b> Express (Toning) 20 min	<b>Towel Teaser</b> Express (Toning) 20 min	<b>Matrix</b> Kinetics (HIIT) 20 min <b>OR</b> <b>REST</b>	<b>Strong Core</b> Express (Toning) 20 min – <b>OR</b> – <b>Rock Your Core</b> Express (Toning) 20 min	<b>REST</b>	<b>Walk the Plank</b> Definitions (Lean Sculpting) 20 min
WEEK 4	<b>Core Challenge</b> Express (Toning) 20 min	<b>From All Angles</b> Express (Toning) 20 min	<b>Epicenter</b> Express (Toning) 20 min	<b>Amped</b> Kinetics (HIIT) 20 min <b>OR</b> <b>REST</b>	<b>Plankless</b> Express (Toning) 20 min – <b>OR</b> – <b>In The Zone</b> Express (Toning) 20 min	<b>REST</b>	<b>Ascension</b> Express (Toning) 20 min