



Wellbeats™

Lose Weight Challenge

This challenge is ideal for a new exerciser or someone who hasn't exercised in 6-12 months. The classes in the challenge are based on the science of weight loss and proven to be the most effective way lose weight and keep it off. We've included a Fit Test at the beginning, halfway through, and at the 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	Wellbeats Fit Test Basic or 1 15-25 min	REST	Definitions BASIC 20 min	TKO BASIC 20 min	OR	REST	Next Level Kinetics (HIIT) 20 min	Towel Teaser Express 20 min OR Breathe Into It Express 20 min	REST
WEEK 2	Definitions BASIC 20 min	REST	Next Level Kinetics (HIIT) 20 min	Walk the Plank Definitions 20 min	OR	REST	Power of 10 Definitions (Lean Sculpting) 20 min	FUNDamentals Fusion (Yoga) 20 min	REST
WEEK 3	Double Whammy Express (Toning) 20 min	REST	Power of 10 Definitions 20 min	TKO BASIC 20 min	OR	REST	Combustion Express (Toning) 20 min	Beat Down TKO, 20 min OR Breathe Into It Express 20 min	REST
WEEK 4	Dirty Dozen Definitions (Lean Sculpting) 20	REST	Combustion Express (Toning) 20 min	Walk the Plank Definitions 20 min	OR	REST	Fast N Furious Kinetics (HIIT) 35 min	Unlock and Unblock Fusion (Yoga) 20 min	REST
WEEK 5	Repeat Original Wellbeats Fit Test Basic or 1, 15-25 min	REST	Fast N Furious Kinetics (HIIT) 35 min	1-2 Punch HIIT TKO (Kickboxing) 20 min	OR	REST	Total Body Burn Definitions (Lean Sculpting) 35 min	Towel Teaser Express 20 min OR Breathe Into It Express 20 min	REST
WEEK 6	Total Body Burn Definitions (Lean Sculpting) 35 min	REST	Go 4 It Kinetics (HIIT) 35 min	Adrenalin TKO (Kickboxing) 20 min	OR	REST	Work It Definitions (Lean Sculpting) 50 min	Beat Down TKO, 20 min OR Breathe Into It Express 20 min	REST
WEEK 7	Go 4 It Kinetics (HIIT) 35 min	REST	Work It Definitions 50 min	1-2 Punch HIIT TKO (Kickboxing) 20 min	OR	REST	Circuit Crazy Kinetics (HIIT) 35 min	FUNDamentals Fusion (Yoga) 20 min	REST
WEEK 8	Work It Definitions (Lean Sculpting) 50 min	REST	Circuit Crazy Kinetics (HIIT) 35 min	Adrenalin TKO (Kickboxing) 20 min	OR	REST	Repeat Original Wellbeats Fit Test Basic or 1, 15-25 min	Unlock and Unblock Fusion (Yoga) 20 min	REST