



# Wellbeats™

## Maintain, Don't Gain Challenge

How do you beat the “holiday bulge”? This challenge is designed to provide you quick, yet highly effective 20 minute workouts, with days off in between for busy shopping and holiday partying. You get an overall, total body plan using only a portable resistance band and your own bodyweight to help not only maintain your current fitness level and weight, but also annihilate mega calories by week’s end! Grab a friend and set a goal together!

## Recommended Equipment



Yoga Mat



Resistance Bands

|        | DAY 1  | DAY 2       | DAY 3  | DAY 4       | DAY 5  | DAY 6   | DAY 7     |             |             |
|--------|--|-------------|--|-------------|--|---|-----------|-------------|-------------|
| WEEK 1 | <b>Wellbeats Fit Test</b><br>Basic, 1, or 2<br>15-30 min | <b>REST</b> | <b>Plank Games</b><br>Fusion (Yoga)<br>20 min    | <b>REST</b> | <b>HIIT Me With It</b><br>Kinetics (HIIT)<br>20 min                          | <b>Adrenalin</b><br>TKO (Kickboxing)<br>20 min                    | <b>OR</b> | <b>REST</b> | <b>REST</b> |
| WEEK 2 | <b>Turn HIIT Up</b><br>Kinetics (HIIT)<br>20 min         | <b>REST</b> | <b>Yoga Burn Firm</b><br>Fusion (Yoga)<br>20 min | <b>REST</b> | <b>Fight Club</b><br>TKO (Kickboxing)<br>20 min                              | <b>Hit It Strong</b><br>Definitions<br>(Lean Sculpting)<br>20 min | <b>OR</b> | <b>REST</b> | <b>REST</b> |
| WEEK 3 | <b>HITT Me With It</b><br>Kinetics (HIIT)<br>20 min      | <b>REST</b> | <b>Chisel Flow</b><br>Fusion (Yoga)<br>20 min    | <b>REST</b> | <b>BYOB</b><br>Definitions<br>(Lean Sculpting)<br>20 min                     | <b>Beatdown</b><br>TKO (Kickboxing)<br>20 min                     | <b>OR</b> | <b>REST</b> | <b>REST</b> |
| WEEK 4 | <b>Turn HIIT Up</b><br>Kinetics (HIIT)<br>20 min         | <b>REST</b> | <b>Yoga Burn Firm</b><br>Fusion (Yoga)<br>20 min | <b>REST</b> | Repeat Original<br><b>Wellbeats Fit Test</b><br>Basic, 1, or 2<br>15- 30 min | <b>Hit It Strong</b><br>Definitions<br>(Lean Sculpting)<br>20 min | <b>OR</b> | <b>REST</b> | <b>REST</b> |