



Wellbeats™

Move with Heart Challenge

Elevate your heart rate in just 30 minutes or less! 3 classes per week for 4 weeks. (12 total – Monday is a cardio and/or strength, Wednesday is a yoga/ Pilates and/or core training, Friday is another cardio and/or strength). Includes a combination of kickboxing, HIIT, circuit training, yoga, and Pilates to feel good from the inside out. No equipment needed, but a yoga mat is optional. All classes just 30 minutes or less.

Recommended Equipment



Yoga Mat

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Fighter Circuit TKO (Kickboxing) 20 min	<i>REST</i>	Heart Opener Fusion (Yoga) 20 min	<i>REST</i>	Cardio & Strength Circuits (Strength & Conditioning) 25 min	<i>REST</i>	<i>REST</i>
WEEK 2	Bring It Tabata Kinetics (HIIT) 25 min	<i>REST</i>	Sweet Sixteen Fusion (Yoga) 16 min	<i>REST</i>	Kickboxing Circuits (Strength & Conditioning) 20 min	<i>REST</i>	<i>REST</i>
WEEK 3	HIIT Cardio Circuits (Strength & Conditioning) 20 min	<i>REST</i>	Gentle Yoga Fusion (Yoga) 30 min	<i>REST</i>	Beat Down TKO (Kickboxing) 20 min	<i>REST</i>	<i>REST</i>
WEEK 4	Cardio Core Circuits (Strength & Conditioning) 20 min	<i>REST</i>	Move Your Spine Fusion (Yoga) 20 min	<i>REST</i>	HIIT & Tabata Circuits (Strength & Conditioning) 20 min	<i>REST</i>	<i>REST</i>