



# Wellbeats™

## Relieve Stress Challenge

When dealing with stress, some need to power down, relax and recoup, while others prefer a high intensity training session to blow off steam. To accommodate both styles of stress relief, the challenge provides two different energy-level classes each exercise day. The first class listed will help you relax while the second class listed will get your heart pumping. 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	<b>FUNDamentals</b> Fusion (Yoga) 20 min – OR – <b>Turn HIIT Up</b> Kinetics (HIIT) 20 min	<b>Blissed Out Hips</b> Fusion (Yoga) 50 min – OR – <b>Circuit Crazy</b> Kinetics (HIIT) 35 min	REST	<b>Sans Barre</b> Fusion (Yoga) 35 min – OR – <b>Combat Mode</b> TKO (Kickboxing) 35 min	<b>Unlock and Unblock</b> Fusion (Yoga) 20 min – OR – <b>Tabata Heat</b> Express (Toning) 20 min	<b>Heart Opener</b> Express (Toning) 20 min – OR – <b>Ascension</b> Express (Toning) 20 min	REST
WEEK 2	<b>Breathe Into It</b> Express (Toning) 20 min – OR – <b>Beat Down</b> TKO (Kickboxing) 20 min	<b>Rise 'n Shine</b> Fusion (Yoga) 50 min – OR – <b>All In</b> Kinetics (HIIT) 20 min	REST	<b>FUNDamentals</b> Fusion (Yoga) 20 min – OR – <b>Burpee Challenge</b> TKO (Kickboxing) 35 min	<b>Balanced Mindset</b> Fusion (Yoga) 35 min – OR – <b>Circuit Crazy</b> Kinetics (HIIT) 35 min	<b>Heart Opener</b> Express (Toning) 20 min – OR – <b>Epicenter</b> Express (Toning) 20 min	REST
WEEK 3	<b>Unlock and Unblock</b> Fusion (Yoga) 20 min – OR – <b>Ascension</b> Express (Toning) 20 min	<b>Blissed Out Hips</b> Fusion (Yoga) 50 min – OR – <b>Fast N Furious</b> Kinetics (HIIT) 35 min	REST	<b>Rise 'n Shine</b> Fusion (Yoga) 50 min – OR – <b>Combat Mode</b> TKO (Kickboxing) 35 min	<b>Sans Barre</b> Fusion (Yoga) 35 min – OR – <b>The Fighter</b> Kinetics (HIIT) 20 min	<b>Light Hearted</b> Express (Toning) 20 min – OR – <b>Turn HIIT Up</b> Kinetics (HIIT) 20 min	REST
WEEK 4	<b>Unlock and Unblock</b> Fusion (Yoga) 20 min – OR – <b>Fast N Furious</b> Kinetics (HIIT) 35 min	<b>Breathe Into It</b> Fusion (Yoga) 20 min – OR – <b>Tabata Heat</b> Express (Toning) 20 min	REST	<b>Balanced Mindset</b> Fusion (Yoga) 20 min – OR – <b>Burpee Challenge</b> TKO (Kickboxing) 35 min	<b>Rise 'n Shine</b> Fusion (Yoga) 50 min – OR – <b>All In</b> Kinetics (HIIT) 20 min	<b>Light Hearted</b> Express (Toning) 20 min – OR – <b>Beat Down</b> TKO (Kickboxing) 20 min	REST