



Wellbeats™

Work(Out) From Home Challenge

No gym? No problem. All you need is your own bodyweight for this 4-week, at-home challenge designed for limited time and space.

For 5 days each week, our team of certified, virtual instructors will guide you through a combination of cardio and HIIT workouts to elevate your heart rate, boost energy, and decrease stress. Ready to get your sweat on? Let's HIIT to it!

Join the Wellbeats community



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Day 1 Strength and Cardio Circuit Kinetics 25 min	Day 2 Total Body No Equipment Circuits 20 min	Day 3 HIIT & Tabata Circuits 20 min	Day 4 Upper Body Fit Express 20 min	Day 5 Core Circuits 10 min	REST	REST
WEEK 2	Day 8 Tabata Pyramids Kinetics 30 min	Day 9 BYOB Definitions 20 min	Day 10 HIIT Cardio Circuits 20 min	Day 11 Booty and Abs Express 20 min	Day 12 Kickboxing Circuits 20 min	REST	REST
WEEK 3	Day 15 Bring It Tabata Kinetics 25 min	Day 16 Total Body No Equipment Circuits 20 min	Day 17 Cardio Core Circuits 20 min	Day 18 Hit it Strong Definitions 20 min	Day 19 Fusion HIIT Circuit Kinetics 30 min	REST	REST
WEEK 4	Day 22 Unstoppable Kinetics 20 min	Day 23 Walk the Plank Definitions 20 min	Day 24 Circuit Ladder Circuits 20 min	Day 25 Lean Legs & Core Express 20 min	Day 26 Core Circuits 10 min	REST	REST