



Wellbeats™

Healthy Back Challenge

Build a strong back to help prevent pain or injury in this 4-week challenge! A healthy back is key in performing exercises with proper form to avoid injury and can also help improve posture and balance. This challenge includes 3-5 classes each week including yoga, strength training, and circuits so you can have a better back in no time. Let's get back at it!

Recommended Equipment



Yoga Mat



Dumbbells



Yoga Block



Resistance Bands

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Move Your Spine Fusion (Yoga & Pilates) 20 min	REST	Walk the Plank Definitions (Lean Sculpting) 20 min	Back & Glutes Recovery (Stretch & Release) 5 min OR REST	Pure Sculpt Definitions (Lean Sculpting) 20 min	Core Play Fusion (Yoga & Pilates) 20 min OR REST	REST
WEEK 2	Back & Glutes Recovery (Stretch & Release) 5 min OR REST	Strong Back Circuits (Strength & Conditioning) 15 min	Backside Balance Time Savers (15 Min or Less) 10 min OR REST	Fairway Flexibility Sports Ready (Preparation and Performance) 20 min	REST	Standing Core Circuits (Strength & Conditioning) 7 min	REST
WEEK 3	Unblock Your Spine Fusion (Yoga & Pilates) 20 min	REST	Strong Back Circuits (Strength & Conditioning) 15 min	Break Time Office Breaks (Active at Work) 2 min OR REST	Fluid Yoga Sports Ready (Preparation and Performance) 20 min	Pilates Core Fire Fusion (Yoga & Pilates) 20 min OR REST	REST
WEEK 4	Core Play Fusion (Yoga & Pilates) 20 min OR REST	Unlock Your Hips Recovery (Stretch & Release) 10 min	REST	Strength Builder Circuits (Strength & Conditioning) 20 min	Lower Back Yoga Time Savers (15 Min or Less) 15 min OR REST	Upper Body Mobility Recovery (Stretch & Release) 10 min	REST