



Commit to Fit Challenge

Inspired by the US Air Force's Physical Fitness Test prep, this challenge is designed to help you advance in endurance, strength, and cardio fitness. Whether you're training for a fitness assessment or simply looking to maximize your own potential, this challenge will help you perform your best. Track your progress with a Wellbeats Fit Test at the start and end of the challenge to see how far you've come. Ready to improve your overall fitness level? Then join Commit to Fit!



U.S. AIR FORCE

Recommended Equipment

Note: all classes in this challenge include a bodyweight-only option.



Yoga Mat



Dumbbells



Step and Risers

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Wellbeats Fit Test 1 25 min	3 mile jog OR Run at Red Rocks NV Strides 30 min	Add-On Strong Definitions 20 min OR The Body Factor Definitions 20 min	3 mile jog OR Run in Death Valley 2 Strides 30 min	Pilates Core Fire Fusion (Yoga & Pilates) 20 min	2 mile run OR High Fiver Strides 20 min	Yoga Barre Blend Fusion (Yoga & Pilates) 21 min OR REST
WEEK 2	Total Body Burn Definitions 35 min OR Walk The Plank Definitions 20 min	3 mile jog OR Run in Death Valley 1 Strides 30 min	Tabata Pyramids Kinetics 30 min OR Go 4 It Kinetics 35 min	3 mile jog OR Minnehaha Parkway Strides 35 min	Sweet Sixteen Fusion (Yoga & Pilates) 16 min	2 mile run OR Two & One Strides 20 min	Yoga BASIC Fusion (Yoga & Pilates) 20 min OR REST
WEEK 3	Bring It Tabata Kinetics (HIIT) 25 min	3 mile jog OR Furnace Creek Strides 45 min	Add-On Strong Definitions 20 min OR The Body Factor Definitions 20 min	3 mile jog OR Lowry Nature Center Strides 40 min	Barre Core Fusion (Yoga & Pilates) 20 min	2 mile run OR Up & Down The Ladder Strides 20 min	Wellbeats Fit Test 1 25 min