



# Wellbeats™

## Game On Challenge

Calling all athletes and sports enthusiasts! This 3-week challenge is a great way to keep your stamina and athletic performance sharp. Includes sport-specific training classes designed to help improve strength and conditioning, flexibility, core stability, and balance, while reducing the risk of injury and muscle soreness. If you're looking for a safe and effective alternative to get back in the game, this plan is perfect for you. Ready? Game on!

### Recommended Equipment



Yoga Mat



Dumbbells



Resistance Band



Stability Ball

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>Ski Ready Circuit</b> Sports Ready 20 min	<b>REST</b>	<b>Ski Smooth &amp; Strong</b> Sports Ready 22 min	<b>REST</b>	<b>HIIT the Slopes</b> Sports Ready 28 min	<b>Stable and Steady</b> Sports Ready 11 min <b>OR</b> <b>REST</b>	<b>REST</b>
WEEK 2	<b>Swim Ready Circuit</b> Sports Ready 19 min	<b>REST</b>	<b>Swim Strong</b> Sports Ready 20 min	<b>REST</b>	<b>Fluid Yoga</b> Sports Ready 20 min	<b>Post-Swim Recovery</b> Sports Ready 15 min <b>OR</b> <b>REST</b>	<b>REST</b>
WEEK 3	<b>Golf Ready Circuit</b> Sports Ready 14 min	<b>REST</b>	<b>Swing Strong</b> Sports Ready 20 min	<b>REST</b>	<b>Fairway Flexibility</b> Sports Ready 20 min	<b>Get Ready to Swing</b> Sports Ready 10 min <b>OR</b> <b>REST</b>	<b>REST</b>