



Wellbeats™

Work(Out) From Home Challenge

No gym? No problem. Work out in the comfort of your own home with Wellbeats! This challenge includes short, effective workouts designed for limited time and space.

This plan includes a variety of HIIT and strength training workouts so you can feel and perform your best throughout the day. No equipment needed!

Optional Equipment



Yoga Mat



Yoga Block

	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	<i>REST</i>	<i>REST</i>
WEEK 2	Day 8 Bring It Tabata Kinetics 25 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	<i>REST</i>	<i>REST</i>
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	<i>REST</i>	<i>REST</i>
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	<i>REST</i>	<i>REST</i>