

# WELLBEATS™ GET STARTED WORKOUT PLAN

Congratulations on making the choice to start your fitness journey! This plan offers basic exercises, requires minimal time and equipment and gets you off to a great start. We've included a Fit Test at the beginning and end of this plan to give you a starting benchmark and help you measure progress and results. Grab a friend and set a goal together!

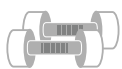


	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	<b>WELLBEATS</b> Fit Test Basic 15 min	<b>KINETICS</b> Next Level 20 min	<b>KINETICS</b> All In 20 min	<b>KINETICS</b> Circuit Crazy 35 min
DAY 2	Rest Day	Rest Day	Rest Day	Rest Day
DAY 3	<b>TKO</b> BASIC 20 min	<b>TKO</b> BASIC 20 min	<b>TKO</b> Attack Retreat 35 min	<b>TKO</b> Fight Club 20 min
DAY 4	Rest Day	Rest Day	Rest Day	Rest Day
DAY 5	<b>FUSION</b> FUNdamentals 20 min	<b>FUSION</b> FUNdamentals 20 min	<b>FUSION</b> Unlock and Unblock 20 min	<b>FUSION</b> GUTS 35 min
DAY 6	<b>KINETICS</b> Bodyweight BASIC 20 min	<b>KINETICS</b> Bodyweight BASIC 20 min	<b>KINETICS</b> The Matrix 20 min	<b>REPEAT ORIGINAL WELLBEATS</b> Fit Test Basic 15 min
DAY 7	Rest Day	Rest Day	Rest Day	Rest Day

## EQUIPMENT RECOMMENDED



Yoga Mat



Dumbbells



Resistance Bands



## WHAT'S NEXT

- For weight loss, try the LOSE WEIGHT plan
- Try the GET FIT 1 plan for overall fitness
- Explore other WELLBEATS Channels to find classes you enjoy