

# WELLBEATS™ LOSE WEIGHT WORKOUT PLAN

This plan is ideal for a new exerciser or someone who hasn't exercised in 6-12 months. The classes in the plan are based on the science of weight loss and proven to be the most effective way lose weight and keep it off. We've included a Fit Test at the beginning, halfway through, and at the 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!

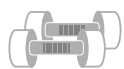


	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DAY 1	WELLBEATS Fit Test Basic OR Fit Test 1 15-25 min	DEFINITIONS BASIC 20 min	eXpress Double Whammy 20 min	DEFINITIONS Dirty Dozen 20	REPEAT ORIGINAL WELLBEATS Fit Test Basic OR Fit Test 1 15-25 min	DEFINITIONS Total Body Burn 35 min	KINETICS Go 4 Lt 35 min	DEFINITIONS Work It 50 min
DAY 2	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
DAY 3	DEFINITIONS BASIC 20 min	KINETICS Next Level 20 min	DEFINITIONS Power of 10 20 min	eXpress Combustion 20 min	KINETICS Fast N Furious 35 min	KINETICS Go 4 Lt 35 min	DEFINITIONS Work It 50 min	KINETICS Circuit Crazy 35 min
DAY 4	TKO BASIC 20 min OR Rest Day	DEFINITIONS Walk the Plank 20 min OR Rest Day	TKO BASIC 20 min OR Rest Day	DEFINITIONS Walk the Plank 20 min OR Rest Day	TKO 1-2 Punch HIIT 20 min OR Rest Day	TKO Adrenalin 20 min OR Rest Day	TKO 1-2 Punch HIIT 20 min OR Rest Day	TKO Adrenalin 20 min OR Rest Day
DAY 5	KINETICS Next Level 20 min	DEFINITIONS Power of 10 20 min	eXpress Combustion 20 min	KINETICS Fast N Furious 35 min	DEFINITIONS Total Body Burn 35 min	DEFINITIONS Work It 50 min	KINETICS Circuit Crazy 35 min	REPEAT ORIGINAL WELLBEATS Fit Test Basic OR Fit Test 1 15-25 min
DAY 6	eXpress Towel Teaser 20min OR eXpress Breathe Into It 20 min	FUSION FUNDamentals 20 min	TKO Beat Down 20 min OR eXpress Breathe Into It 20 min	FUSION Unlock and Unblock 20 min	eXpress Towel Teaser 20 min OR eXpress Breathe Into It 20 min	TKO Beat Down 20 min OR eXpress Breathe Into It 20 min	FUSION FUNDamentals 20 min	FUSION Unlock and Unblock 20 min
DAY 7	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day

## EQUIPMENT RECOMMENDED



Yoga Mat



Dumbbells



Resistance Bands



## WHAT'S NEXT

- Try this plan again, following the instructor on the left for more challenging options
- Try the GET TONED plan for targeted muscle toning
- Try the GET FIT plans to increase overall fitness