

# WELLBEATS™ GET FIT 1 WORKOUT PLAN

This plan is meant to help you increase your cardio fitness, muscle strength, tone and endurance. You'll participate in a varied program, 5 days a week, 20 or 35 minutes each session. Each week includes resistance training, kickboxing, interval training (alternating high intensity with active recovery), targeted classes for abs, core, arms and glutes, and a stretch day after a full week of training. 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!

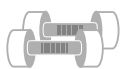


	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	<b>WELLBEATS Fit Test Basic, 1 OR 2</b> 15-30 min	<b>DEFINITIONS</b> Power of 10 20 min	<b>KINETICS</b> Fast N Furious 35 min	<b>DEFINITIONS</b> Total Body Burn 35 min
DAY 2	<b>TKO</b> Punch, Kick, Move 20 min	<b>TKO</b> Adrenalin 20 min	<b>TKO</b> Punch, Kick, Move 20 min	<b>TKO</b> Torch 35 min
DAY 3	<b>DEFINITIONS</b> Power of 10 20 min	<b>KINETICS</b> Fast N Furious 35 min	<b>DEFINITIONS</b> Total Body Burn 35 min	<b>KINETICS</b> Go 4 It 35 min
DAY 4	Rest Day	Rest Day	Rest Day	Rest Day
DAY 5	<b>eXpress</b> Double Whammy 20 min	<b>DEFINITIONS</b> Hit It Strong 20 min	<b>eXpress</b> Double Whammy 20 min	<b>eXpress</b> Epicenter 20 min
DAY 6	<b>KINETICS</b> HIIT Me With It 20 min	<b>eXpress</b> Epicenter 20 min	<b>KINETICS</b> Go 4 It 35 min	<b>REPEAT ORIGINAL WELLBEATS Fit Test Basic, 1 OR 2</b> 15-30 min
DAY 7	<b>eXpress</b> Breathe Into It 20 min OR Rest Day	<b>eXpress</b> Breathe Into It 20 min OR Rest Day	<b>eXpress</b> Breathe Into It 20 min OR Rest Day	<b>eXpress</b> Breathe Into It 20 min OR Rest Day

## EQUIPMENT RECOMMENDED



Yoga Mat



Dumbbells



Resistance Bands

## WHAT'S NEXT

- For weight loss, try the LOSE WEIGHT plan
- To progress, try the GET FIT 2 plan
- To fine tune your muscles, try the GET TONED plan

