

WELLBEATS™ GET TONED WORKOUT PLAN

Tone your body in 20 minutes a day! Each week, you'll do six different types of classes: core, upper body, lower body, total body, cardio and yoga. The seventh day is a stretch and recovery class. Each week follows the same pattern, but with new and different classes. Grab a friend and set a goal together!

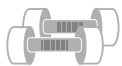


	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
DAY 1	eXpress Epicenter 20 min	eXpress Strong Core 20 min	eXpress ABSolutely Core 20 min	eXpress Rock Your Core 20 min	eXpress Plank Less 20 min
DAY 2	eXpress Sculpt N Sweat 20 min	eXpress BisTrisCoreMore 20 min	eXpress Upper Body Fit 20 min	eXpress Endure 20 min	eXpress Sculpt N Sweat 20 min
DAY 3	eXpress Lean Legs and Core 20 min	eXpress 1, 2...Core 20 min	eXpress Make It Super 20 min	eXpress 1, 2...Core 20 min	eXpress TriPerfecta 20 min
DAY 4	eXpress Less is More 20 min	eXpress Yoga Strong 20 min	eXpress Heart Opener 20 min	eXpress Light Hearted 20 min	eXpress Yoga Strong 20 min
DAY 5	eXpress Towel Teaser 20 min	eXpress Trouble Shaping 20 min	eXpress Towel Teaser 20 min	eXpress Double Whammy 20 min	eXpress In the Zone 20 min
DAY 6	eXpress Circuit Shock Extreme 20 min	eXpress Tabata Heat 20 min	eXpress Combustion 20 min	eXpress Dare You to Balance 20 min	eXpress Ascension 20 min
DAY 7	eXpress The Rolldown 20 min OR eXpress Breathe Into It 20 min	eXpress Total Body Stretch 20 min OR eXpress Breathe Into It 20 min	eXpress Roll With It 20 min OR eXpress Breathe Into It 20 min	eXpress The Rolldown 20 min OR eXpress Breathe Into It 20 min	eXpress Total Body Stretch 20 min OR eXpress Breathe Into It 20 min

EQUIPMENT RECOMMENDED



Yoga Mat



Dumbbells



Step and Risers



Resistance Bands



WHAT'S NEXT

- For weight loss, try the LOSE WEIGHT plan
- To increase your strength, try the BUILD STRENGTH plan
- Try any of the GET FIT plans