

WELLBEATS™ BUILD STRENGTH WORKOUT PLAN

If you have not experienced barbell and/or kettlebell training or are looking to increase your strength, this plan is for you. Along with barbell and kettlebell classes, you'll get one day each week of focused core training, which is necessary when lifting heavy weights. 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	WEEK 5	WEEK 6
DAY 1	WELLBEATS Fit Test 1 OR 2 25-30 min	BAR STRONG Endurance Builder 20 min	BAR STRONG Resist Persist 20 min	KETTLE POWER Rack N Roll 35 min	BAR STRONG Got Your Back 35 min	BAR STRONG Escalation 35 min
DAY 2	BAR STRONG TUTORIAL 20 min AND BAR STRONG BASIC 20 min	KETTLE POWER BASIC 20 min	KETTLE POWER Rack N Roll 35 min	BAR STRONG Escalation 35 min	KETTLE POWER Circuit Breakers 20 min	KETTLE POWER Power Round 35 min
DAY 3	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
DAY 4	eXpress Strong Core 20 min	eXpress Epicenter 20 min	eXpress ABSolutely Core 20 min	eXpress Strong Core 20 min	eXpress Epicenter 20 min	eXpress ABSolutely Core 20 min
DAY 5	KETTLE POWER TUTORIAL 20 min AND KETTLE POWER BASIC 20 min	KETTLE POWER Circuit Breakers 20 min	BAR STRONG Fast and Fierce 20 min	KETTLE POWER Power Up 35 min	KETTLE POWER Power Up 35 min	REPEAT ORIGINAL WELLBEATS Fit Test 1 or 2 25-30 min
DAY 6	eXpress The Rolldown 20 min OR FUSION Blissed Out Hips 50 min	eXpress Breathe Into It 20 min OR FUSION Unlock and Unblock 20 min	eXpress The Rolldown 20 min OR FUSION Blissed Out Hips 50 min	eXpress Breathe Into It 20 min OR FUSION Unlock and Unblock 20 min	eXpress Breathe Into It 20 min OR FUSION Dynamic Pilates 35 min	eXpress The Rolldown 20 min OR FUSION Blissed Out Hips 50 min
DAY 7	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day

EQUIPMENT RECOMMENDED



Yoga Mat



Step and Risers



Barbell Setup



Kettlebells



Dumbbells



WHAT'S NEXT

- Try this plan again, increasing the weight used by 10-15%
- Try this plan again and follow the instructor on the left for increased challenge
- Progress to the GET FIT 3 plan