

# WELLBEATS™ RELIEVE STRESS WORKOUT PLAN



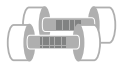
When dealing with stress, some need to power down, relax and recoup, while others prefer a high intensity training session to blow off steam. To accommodate both styles of stress relief, the plan provides two different energy-level classes each exercise day. The first class listed will help you relax while the second class listed will get your heart pumping. Grab a friend and set a goal together!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	<b>FUSION</b> FUNDamentals 20 min OR <b>KINETICS</b> Turn HIIT Up 20 min	<b>eXpress</b> Breathe Into It 20 min OR <b>TKO</b> Beat Down 20 min	<b>FUSION</b> Unlock and Unblock 20 min OR <b>eXpress</b> Ascension 20 min	<b>FUSION</b> Unlock and Unblock 20 min OR <b>KINETICS</b> Fast N Furious 35 min
DAY 2	<b>FUSION</b> Blissed Out Hips 50 min OR <b>KINETICS</b> Circuit Crazy 35 min	<b>FUSION</b> Rise 'n Shine 50 min OR <b>KINETICS</b> All In 20 min	<b>FUSION</b> Blissed Out Hips 50 min OR <b>KINETICS</b> Fast N Furious 35 min	<b>FUSION</b> Breathe Into It 20 min OR <b>eXpress</b> Tabata Heat 20 min
DAY 3	Rest Day	Rest Day	Rest Day	Rest Day
DAY 4	<b>FUSION</b> Sans Barre 35 min OR <b>TKO</b> Combat Mode 35 min	<b>FUSION</b> FUNDamentals 20 min OR <b>TKO</b> Burpee Challenge 35 min	<b>FUSION</b> Rise 'n Shine 50 min OR <b>TKO</b> Combat Mode 35 min	<b>FUSION</b> Balanced Mindset 20 min OR <b>TKO</b> Burpee Challenge 35 min
DAY 5	<b>FUSION</b> Unlock and Unblock 20 min OR <b>eXpress</b> Tabata Heat 20 min	<b>FUSION</b> Balanced Mindset 35 min OR <b>KINETICS</b> Circuit Crazy 35 min	<b>FUSION</b> Sans Barre 35 min OR <b>KINETICS</b> The Fighter 20 min	<b>FUSION</b> Rise 'n Shine 50 min OR <b>KINETICS</b> All In 20 min
DAY 6	<b>eXpress</b> Heart Opener 20 min OR <b>eXpress</b> Ascension 20 min	<b>eXpress</b> Heart Opener 20 min OR <b>eXpress</b> Epicenter 20 min	<b>eXpress</b> Light Hearted 20 min OR <b>KINETICS</b> Turn HIIT Up 20 min	<b>eXpress</b> Light Hearted 20 min OR <b>TKO</b> Beat Down 20 min
DAY 7	Rest Day	Rest Day	Rest Day	Rest Day

## EQUIPMENT RECOMMENDED



Yoga Mat



Dumbbells



Resistance Bands



## WHAT'S NEXT

- Repeat this plan as needed
- Explore the Fusion channel for calming stress relief
- Explore the Kinetics channel for high intensity stress relief