



WELLBEATS™ MAINTAIN, DONT GAIN WORKOUT PLAN



How do you beat the “holiday bulge”? This plan is designed to provide you quick, yet highly effective 20 minute workouts, with days off in between for busy shopping and holiday partying. You get an overall, total body plan using only a portable resistance band and your own bodyweight to help not only maintain your current fitness level and weight, but also annihilate mega calories by week’s end!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	WELLBEATS Fit Test Basic, 1 OR 2 15-30 min	KINETICS Turn HIIT Up 20 min	KINETICS HITT Me With It 20 min	KINETICS Turn HIIT Up 20 min
DAY 2	Rest Day	Rest Day	Rest Day	Rest Day
DAY 3	FUSION Plank Games 20 min	FUSION Yoga Burn Firm 20 min	FUSION Chisel Flow 20 min	FUSION Yoga Burn Firm 20 min
DAY 4	Rest Day	Rest Day	Rest Day	Rest Day
DAY 5	KINETICS HIIT Me With It 20 min	TKO Fight Club 20 min	DEFINITIONS BYOB 20 min	REPEAT ORIGINAL Fit Test Basic, 1 OR 2 15- 30 min
DAY 6	TKO Adrenalin 20 min OR Rest	DEFINITIONS HIT it Strong 20 min OR Rest	TKO Beatdown 20 min OR Rest	DEFINITIONS HIT It Strong 20 min OR Rest
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