



STRESS LESS

WELLBEATS CLASSES FOR REDUCING STRESS



Stress Reduction

Channel: Time Savers | 5 minutes

Use a 3-part, soft belly breathing technique as a stress reduction tool.



Reduce Tension

Channel: Office Breaks | 1 minute

Try this simple 1 minute tense and release technique to relax your muscles, reset your brain and help you feel more positive and relaxed.



Tension Release

Channel: Recovery | 6 minutes

Use a water bottle to release tension in 4 key areas of your body; your shoulders, neck, back and calves.



Unstoppable

Channel: Kinetics | 20 minutes

Fire up your metabolism with alternating intervals of 60 seconds of strength training and 90 seconds of high intensity cardio drills.



Beat Down

Channel: TKO | 20 minutes

Calorie blasting and a heap of fun. Work it for 20 minutes with punch and kicks combinations that will 'beat down' any unwanted stress, fat and calories.



Yoga Stretch

Channel: Fusion | 20 minutes

Feel more flexible, mobile, and relaxed in this series of yoga-based stretches that are perfect for before or after a workout.

Wellbeats™



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