



Get Started Challenge

New to fitness or returning after some time away? This 4-week program is welcome for all levels and abilities. Safely ease into a healthy routine with a variety of fun workouts (including strength training, yoga, HIIT, and barre) + beginner-friendly meditation exercises and healthy eating tips.

Recommended Equipment



Yoga Mat



Dumbbells



Yoga Block

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	African Dance (Dance) 17 min	REST	Perfect 10 (Strength Training) 26 min	REST	Strong Momentum (HIIT) 23 min	Body Scan Meditation (Meditation) 16 min	REST
WEEK 2	Armed & Ready (Strength Training) 20 min	REST	Barre HIIT (HIIT) 16 min	REST	Gentle Yoga (Yoga) 28 min	Anti-Inflammatory Foods (Nutrition) 5 min	REST
WEEK 3	Light Up Your Core (Kickboxing) 20 min	REST	Barre Pilates Flow (Pilates) 20 min	REST	Legs on Fire (Strength Training) 21 min	Essential Yin (Mindfulness) 16 min	REST
WEEK 4	Tai Chi Balance (Tai Chi) 16 min	REST	Countdown to Fit (HIIT) 29 min	REST	Stretch Flow Breathe (Yoga) 25 min	Stocking a Healthy Pantry (Nutrition) 5 min	REST