



Wellbeats™

# Back to the Basics

Finding a New Way to Wellness



Perfect 10  
26 mins | ★4.6 (34)



Light Up Your Core  
20 mins | ★4.6 (201)



Essential Yin  
16 mins | ★4.6 (66)



Stretch Flow Breathe  
25 mins | ★4.7 (235)

**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.

Ready to start?

Log in to your Wellbeats account and sign up for the **Get Started Challenge!**

[portal.wellbeats.com](https://portal.wellbeats.com)

[support@wellbeats.com](mailto:support@wellbeats.com)