



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!**

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