



# Family Fitness Fun Program

Workout with the whole family! This challenge encourages kids to get active, have fun, and experience a variety of workouts - including strength training, dancing, circuits, and yoga! Don't forget to share your fitness fun progress with us using #WellbeatsFamilyChallenge.

## Recommended Equipment



Yoga Mat



Dumbbells



Step and Risers



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>Rev Your Engine</b> (Ages 6-14) 30 min	<b>Walk The Plank</b> (Sculpting) 20 min OR Rest	<b>Cardio Core</b> (Strength & Conditioning) 20 min	<b>Walk The Plank</b> (Sculpting) 20 min OR Rest	<b>Yoga Barre Blend</b> (Yoga) 20 min	<b>Bring It Tabata</b> (HIIT) 20 min AND/OR Outside Activity	Rest
WEEK 2	<b>Focused Strength</b> (Ages 6-14) 30 min	<b>Add-On Strong</b> (Sculpting) 20 min OR Rest	<b>Kickboxing</b> (Strength & Conditioning) 20 min	<b>Add-On Strong</b> (Sculpting) 20 min OR Rest	<b>Balance Mindset</b> (Yoga) 35 min	<b>Pushing Your Limits</b> (HIIT) 20 min AND/OR Outside Activity	Rest
WEEK 3	<b>Dance Party</b> (Ages 6-14) 30 min	<b>Power of 10</b> (Sculpting) 20 min OR Rest	<b>Total Body No Equipment</b> (Strength & Conditioning) 20 min	<b>Power of 10</b> (Sculpting) 20 min OR Rest	<b>Pilates Core Fire</b> (Pilates) 20 min	<b>Go 4 It</b> (HIIT) 35 min AND/OR Outside Activity	Rest
WEEK 4	<b>Funky Flow</b> (Ages 6-14) 20 min	<b>The Body Factor</b> (Sculpting) 20 min OR Rest	<b>Circuit Ladder</b> (Strength & Conditioning) 18 min	<b>The Body Factor</b> (Sculpting) 20 min OR Rest	<b>Fluid Yoga</b> (Yoga) 20 min	<b>Fusion HIIT Circuit</b> (HIIT) 20 min AND/OR Outside Activity	Rest