



Lose Weight Program

This challenge is ideal for a new exerciser or someone who hasn't exercised in 6-12 months. The classes in the challenge are based on the science of weight loss and proven to be the most effective way lose weight and keep it off. We've included a Fit Test at the beginning, halfway through, and at the end of this challenge to give you a starting benchmark and help you measure progress and results. Grab a friend and set a goal together!

Recommended Equipment



Yoga Mat



Resistance Bands



Dumbbells



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Wellbeats Fit Test Basic or 1 15-25 min	Rest	Definitions BASIC (Sculpting) 20 min	TKO BASIC OR Rest	Next Level (HIIT) 20 min	Towel Teaser OR Breathe Into It	Rest
WEEK 2	Definitions BASIC (Sculpting) 20 min	Rest	Next Level (HIIT) 20 min	Walk the Plank OR Rest	Power of 10 (Sculpting) 20 min	FUNDamentals (Yoga) 20 min	Rest
WEEK 3	Double Whammy (Toning) 20 min	Rest	Power of 10 (Sculpting) 20 min	TKO BASIC OR Rest	Combustion (Toning) 20 min	Beat Down OR Breathe Into It	Rest
WEEK 4	Dirty Dozen (Sculpting) 20 min	Rest	Combustion (Toning) 20 min	Walk the Plank OR Rest	Fast N Furious (HIIT) 35 min	Unlock and Unblock (Yoga) 20 min	Rest
WEEK 5	Repeat Original Wellbeats Fit Test Basic or 1	Rest	Fast N Furious (HIIT) 35 min	1-2 Punch HIIT OR Rest	Total Body Burn (Sculpting) 35 min	Towel Teaser OR Breathe Into It	Rest
WEEK 6	Total Body Burn (Sculpting) 35 min	Rest	Go 4 It (HIIT) 35 min	Adrenalin OR Rest	Work It (Sculpting) 50 min	Beat Down OR Breathe Into It	Rest
WEEK 7	Go 4 It (HIIT) 35 min	Rest	Work It (Sculpting) 50 min	1-2 Punch HIIT OR Rest	Circuit Crazy (HIIT) 35 min	FUNDamentals (Yoga) 20 min	Rest
WEEK 8	Work It (Sculpting) 50 min	Rest	Circuit Crazy (HIIT) 35 min	Adrenalin OR Rest	Repeat Original Wellbeats Fit Test Basic or 1	Unlock and Unblock (Yoga) 20 min	Rest