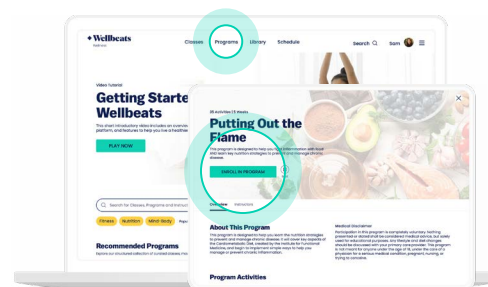
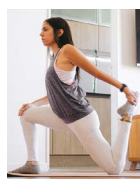


Musculoskeletal Series

Our Musculoskeletal Series on Wellbeats is designed to empower you to take control of your physical health. This comprehensive collection of 5 programs offers a targeted approach to improving musculoskeletal health, reducing pain, and enhancing overall wellbeing. Whether you're looking to recover from an injury, prevent future problems, or simply improve your mobility, these programs provide expert guidance and effective exercises tailored to your specific needs.



Here are five programs a part of the Musculoskeletal Series:



STRONG HIPs | 10 ACTIVITIES

Our hips are so intertwined with both our upper and lower body, it is so important we keep them strong to help support what we love to do. Developing strong hips enables us to not only move more effectively in daily life, but it also sets us up to live free from discomfort in our legs and lower back. A fantastic complimentary program to this one is Hip Recovery, which focuses on stretching and lengthening all the muscles in our hips.

EQUIPMENT NEEDED:

Dumbbell, Exercise Band



HIP RECOVERY | 12 ACTIVITIES

Keeping our hips mobile enables us to move with more freely in our daily activities with less discomfort. This program focuses on stretching and lengthening all the muscles in and around our hips to ensure we are prepared to live an active life. A compliment to this program would be Strong Hips, which focuses on not just mobility, but strengthening the hip area completely.

EQUIPMENT NEEDED:

Foam Roller, Light Resistance Band, Towel, Step, Paper Plates, Yoga Block



STRONG SHOULDERS | 8 ACTIVITIES

This program is all about strengthening most of the muscles that interact with our shoulder joint we use on a daily basis. Whether you are looking to build strength, or prevent an injury, these classes will provide a solid foundation for your entire shoulder.

EQUIPMENT NEEDED:

Dumbbell and/or Kettlebell



SHOULDER RECOVERY | 10 ACTIVITIES

Our shoulders are one of the most over-worked joint in our body and has a lot of facets. This program guides you through some classes that will help stretch all the muscles in and around your shoulders to help alleviate discomfort and avoid injury. Feel free to utilize this program in conjunction with other strength or cardio-based classes to bring about a well-rounded fitness routine.

EQUIPMENT NEEDED:

Foam Roller, Yoga Mat, Tennis Ball



FOAM ROLLING RECOVERY | 7 ACTIVITIES

Over a period of two short weeks, this program explores a variety of instructor-led and circuit-style classes that will help you recover quicker, help prevent injuries and enable you to move better in your everyday activities.

EQUIPMENT NEEDED:

Foam Roller



Accessible on iOS, Android, Windows, and Web

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