

Wellbeats™

New Channel

Wednesday, May 27th



Tabata Heat



Bringing the Flavor



Up The Hill



Beginner Barre



Circuit With Kids



Connect

Live Class & Chat Recordings

Introducing "Connect"!

Go behind-the-scenes and replay Wellbeats live workouts and Q&A's led by some of the top health and fitness experts in the industry! This channel includes a combination of fitness, mindfulness, and nutrition-based videos to enhance your healthy lifestyle and connect even more with your favorite Wellbeats trainers.



Beginner Barre
25 minutes

New to barre? This class is for you! Tina will coach you (and Mark!) through the basics of barre in this fun, beginner-friendly workout.

Balance, Coordination



Tabata Heat
20 minutes

Bring the heat in this total-body, Tabata-style workout – no equipment needed! Join us for 20 seconds on, 10 seconds off in 4 rounds of cardio bursts.

High Intensity Cardio



Up The Hill
20 minutes

How fast up the hill can you go? Challenge yourself in this 20-minute, hill training workout to help build speed and strength. Whether you're inside on a treadmill or outside on a hill, power through a series of hill climbs led by Carrie and Mark!

Aerobic



Bringing the Flavor

19 minutes

Dr. Kim interviews Chef Green for his best tips in adding more flavor to meals while demonstrating a family-friendly "Salmon Cakes and Egg Fried Rice" recipe. Download the recipe at Wellbeats.com/recipes.

Nutrition Education



Circuit With Kids

13 minutes

How many circuit rounds can you complete in 5 minutes? Grab a partner and have some fun in this kid-friendly circuit featuring 5 exercises: push-ups, squats, sit-ups, torso twists, and burpees.

Interval, High Intensity Cardio



HIIT by 5

14 minutes

Short on time? Blast through 2 rounds of 4 exercises: burpees, push-ups, high knees or skaters, and bicycle crunches for a quick and effective HIIT workout.

Aerobic, Interval, High Intensity Cardio

Intensity: Intermediate, Advanced



Living Room Yoga

21 minutes

Turn your living room into a yoga studio! This yoga practice can help relieve stress and perfect for limited time and space.

Balance, Flexibility

Intensity: Beginner



Plank Challenge

8 minutes

Test your core strength in this 5-minute plank challenge. See how long you can hold your plank and don't forget to breathe!

Core Training

Intensity: Intermediate



Squat Challenge

7 minutes

Burn your legs with this 2-minute squat challenge! Perform as many squats as you can with proper form in 2 minutes. Ready? Let's do this!

Muscle Conditioning

Intensity: Intermediate



Wall Sit Challenge

8 minutes

Quads. On. Fire. Burn those legs in this 5-minute wall sit challenge. Find a wall and get ready to sit for as long as you can!

Strength Training, Muscle Conditioning

Intensity: Intermediate



Eat Healthy at Home

24 minutes

Dr. Kim shares a variety of ways to make healthier food choices at home. Learn practical tips for portion control, meal prep, grocery shopping for the family, and boosting your immune system.

Cooking Education, Recipes



Keeping Families Active

27 minutes

Olympian runner and mom of 3 Carrie Tollefson shares how to keep kids entertained and active at home, family routines for a healthy lifestyle, and her tips for staying healthy during quarantine.

Q&A



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