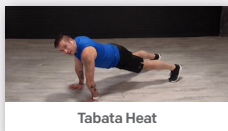


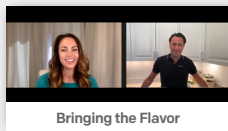
# Wellbeats™

## New Channel

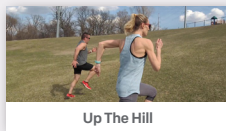
Wednesday, May 27th



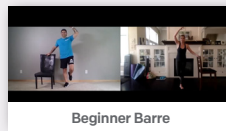
Tabata Heat



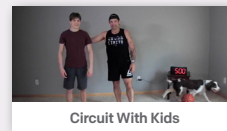
Bringing the Flavor



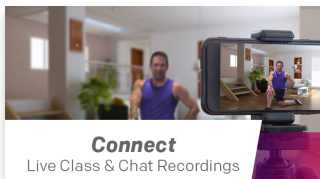
Up The Hill



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



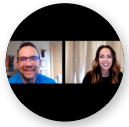
### Wall Sit Challenge

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



Join the Wellbeats community

