

INTRODUCING

Guided Cardio

Blast through your next sweat session with Wellbeats Guided Cardio!



About the Guided Cardio Channel

In this channel, our instructors will coach you through calorie-burning intervals while you perform your favorite cardio workout such as running, biking, rowing, or even stair climbing!



How to Get Started:

1. Log in to your Wellbeats account
2. Select Channels in the main menu
3. Select Guided Cardio and play a class!

Interval Display

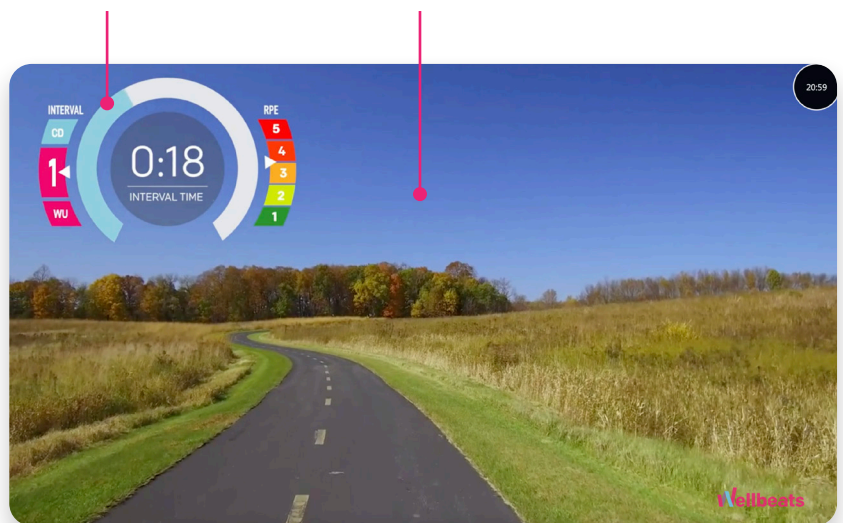
Track your progress with an interval timer and follow the RPE (rate of perceived exertion) chart to guide your pace

Motivational Coaching

Power through intervals stronger and faster with energizing music, beautiful landscapes, and motivational audio-based coaching

Helpful Tips

Learn tips and techniques to increase endurance and reach your full potential



Any Equipment

Use any equipment you have available including a treadmill, elliptical, stair climber, rower, or bike



Join the Wellbeats community

