

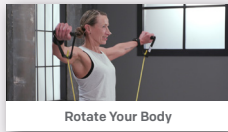
Wellbeats™

Content Release

Wednesday, September 9



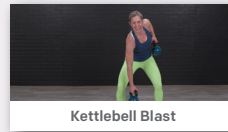
Power Under Pressure



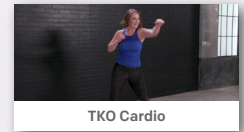
Rotate Your Body



Post-Workout Stretch



Kettlebell Blast



TKO Cardio

15 new classes are now live on Wellbeats! This release includes:

- Cycling workouts focused on hills and interval training
- Unique class combinations including kickboxing-cardio, and barre-Pilates workouts
- Stress-relieving recovery sessions to alleviate tension and tightness; including options for hips and back, lower body and core, and full body
- Strength training workouts to tone and sculpt your muscles using dumbbells, kettlebells, and resistance bands
- And more!

Here's a full list of what's new on Wellbeats:

Definitions



Armed & Ready
20 minutes

This workout is all about the arms and shoulders! Grab a set of dumbbells and get ready to sculpt and strengthen your upper body.

Strength Training

Intensity: Beginner
Equipment: Dumbbell, Yoga Mat



360 Degree Strong
22 minutes

This strength training workout will hit every muscle group to torch and tone your entire body. All you need is a light and heavy set of dumbbells and yoga mat to get started.

Strength Training

Intensity: Intermediate
Equipment: Dumbbell, Yoga Mat



Rotate Your Body
20 minutes

Wake up your muscles as you twist and rotate your entire body. You will need a set of medium dumbbells, one heavy dumbbell, light or medium resistance bands, and yoga mat to get started.

Strength Training

Intensity: Intermediate
Equipment: Dumbbell, Resistance Band, Yoga Mat

Recovery



Stretch Away Stress

20 minutes

Need to wind down after a busy day? Erin will guide you through a series of stretches to help you slow down and destress in just 20 minutes.

Stretching

Intensity: Beginner
Equipment: Yoga Mat



Post-Workout Stretch

10 minutes

In need of a cooldown? This 20-minute, post-workout stretch opens up muscles that can often feel tight after high-impact or resistance workouts.

Stretching

Intensity: Beginner
Equipment: Yoga Mat



Hips & Back

8 minutes

Need to relieve tension in your hips or back? This quick recovery class will stretch out your hips and improve spinal mobility using only a towel.

Stretching

Intensity: Beginner
Equipment: Yoga Mat, Towel



Stretch & Align

7 minutes

This short recovery session focuses on the lower body and core for ultimate alignment. Move and breathe through each stretch to improve posture and relieve tension in your lower body.

Stretching

Intensity: Beginner
Equipment: Yoga Mat

Rev



Power Under Pressure

30 minutes

Ready to feel the burn? This class focuses on building pressure using intervals, hills, and tension on your bike to spark your heart rate and expand your cardio capacity.

Cycling

Intensity: Intermediate
Equipment: Indoor Cycle Bike



Legs, Lungs, & Hills

30 minutes

Build and burn your legs and lungs in this steady hill climb! This 30-minute workout will help increase endurance as you ramp up in resistance and speed.

Cycling

Intensity: Intermediate, Advanced
Equipment: Indoor Cycle Bike

TKO



TKO Cardio

20 minutes

Take your TKO workout to a whole new level! This high-energy workout includes cardio bursts through each kickboxing round to blast calories and elevate your heart rate.

Kickboxing

Intensity: Intermediate

Vibe



Time To Shine 20 minutes

Raise your heart rate and spirits in this fun, 20-minute groove. This dancing class helps bring out your own unique style while moving to the beat.

Dancing

Intensity: Intermediate



Smooth Groove 20 minutes

Find your inner groove as you sway to the beat! Have fun while moving your body in this slower-tempo dance routine.

Dancing

Intensity: Beginner, Intermediate

Fusion



Barre Pilates Flow 20 minutes

This fusion workout combines elements of both barre and Pilates. Work your entire body in just 20 minutes – all you need is a yoga mat!

Barre, Pilates

Intensity: Beginner, Intermediate
Equipment: Yoga Mat

Kinetics



One-Sided 30 minutes

This 30-minute, circuit-style workout will build total-body strength while focusing on each side of the body separately. Using just one dumbbell, Alex will guide you through 4 circuits with a combination of strength, HIIT cardio, and mobility.

HIIT

Intensity: Intermediate
Equipment: Dumbbell



Kettlebell Blast 20 minutes

Blast through a series of strength training and cardio movements using kettlebells. You will need one light, one heavy, and two medium kettlebells (or dumbbells) to get started.

HIIT, Strength Training

Intensity: Intermediate
Equipment: Kettlebell

Some classes may take longer to appear in the system. Available classes may vary according to your content subscription.

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