



Family Fitness Fun Challenge

Workout with the whole family! This challenge is designed for families with kids ages 6+ to help stay active, have fun, and experience a variety of workouts - including strength training, dancing, circuits, and yoga! Don't forget to share your fitness fun progress with us using #WellbeatsFamilyChallenge.

Recommended Equipment



Yoga Mat



Dumbbells



Step and Risers

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rev Your Engine Sports Ready Kids (Ages 6-14) 30 min	Walk The Plank Definitions (Lean Sculpting) 20 min OR REST	Cardio Core Circuits (Strength & Conditioning) 20 min	Walk The Plank Definitions (Lean Sculpting) 20 min OR REST	Yoga Barre Blend Fusion (Yoga & Pilates) 20 min	Bring It Tabata Kinetics (HIIT) 20 min AND/OR Outside Activity	REST
WEEK 2	Focused Strength Generation Fit (Ages 6-14) 30 min	Add-On Strong Definitions (Lean Sculpting) 20 min OR REST	Kickboxing Circuits (Strength & Conditioning) 20 min	Add-On Strong Definitions (Lean Sculpting) 20 min OR REST	Balance Mindset Fusion (Yoga & Pilates) 35 min	Pushing Your Limits Kinetics (HIIT) 20 min AND/OR Outside Activity	REST
WEEK 3	Dance Party Generation Fit (Ages 6-14) 30 min	Power of 10 Definitions (Lean Sculpting) 20 min OR REST	Total Body No Equipment Circuits (Strength & Conditioning) 20 min	Power of 10 Definitions (Lean Sculpting) 20 min OR REST	Pilates Core Fire Fusion (Yoga & Pilates) 20 min	Go 4 It Kinetics (HIIT) 35 min AND/OR Outside Activity	REST
WEEK 4	Funky Flow Generation Fit (Ages 6-14) 20 min	The Body Factor Definitions (Lean Sculpting) 20 min OR REST	Circuit Ladder Circuits (Strength & Conditioning) 18 min	The Body Factor Definitions (Lean Sculpting) 20 min OR REST	Fluid Yoga Sports Ready (Preparation and Performance) 20 min	Fusion HIIT Circuit Kinetics (HIIT) 20 min AND/OR Outside Activity	REST