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| IMPROVED HEALTH STRENGTH WORKOUTS |
| FOR BEGINNERS (4th level of strength workouts) 25 DAY PROGRAM |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | Day 1:  <https://youtu.be/BLBTU18pAY0> | Day 2:  <https://youtu.be/QJjkGkEkXuU> | Day 3:  <https://youtu.be/jh_hJfmIzdc> | Day 4:  <https://youtu.be/nqQIhfoiAEI> | Day 5:  <https://youtu.be/D1uiwYhQV-4> |  |
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|  | Day 6:  <https://youtu.be/pZ5UptYKbek> | Day 7:  <https://youtu.be/E1Npd5TaQ58> | Day 8:  <https://youtu.be/pzcoQUUv9-I> | Day 9:  <https://youtu.be/hkGXlnJRY_g> | Day 10:  <https://youtu.be/F6oT9EdOEAI> |  |
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|  | Day 11:  <https://youtu.be/0uimBijT5zk> | Day 12:  <https://youtu.be/OZbdhy8W7hI> | Day 13:  <https://youtu.be/OWaezPJ6Lsc> | Day 14:  <https://youtu.be/Ucw_HxlThrw> | Day 15:  <https://youtu.be/yELQuX1zK_k> |  |
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|  | Day 16:  <https://youtu.be/swrhlm5nvdM> | Day 17:  <https://youtu.be/KoKgPSwcQ4s> | Day 18:  <https://youtu.be/xEnZ2axcRaI> | Day 19:  <https://youtu.be/VxUwbfP6Jr0> | Day 20:  <https://youtu.be/eyYXki--qec> |  |
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|  | Day 21:  <https://youtu.be/xpx0LupLpaA> | Day 22:  <https://youtu.be/RgmmYFFr8FY> | Day 23:  <https://youtu.be/mX7vv-EvaDQ> | Day 24:  <https://youtu.be/12j-fRlAbzY> | Day 25:  <https://youtu.be/ue-Vx3cG1BU> |  |

**TIPS:**

* Ideally, add a cardio workout onto the strength workout. You can do cardio before or after strength workouts. It’s a personal choice on what works best for you.
* Use a weight that is challenging while ensuring your form is correct (work out in front of a mirror while you are learning new exercises).
* You don’t necessarily have to do these M- F. You can choose to do them on the weekend days or whatever combination of days works for you.