

IMPROVED HEALTH **AUGUST** WORKOUT CALENDAR

BEGINNER LEVEL **CARDIO & STRENGTH** WORKOUTS for IMPROVED HEALTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add a stretching routine in when time allows (at least 2-3x weekly).	STRETCHES to add on anytime: 20 min Stretch & Mindfulness: https://youtu.be/fUbgqRAN_ws	10 min Reduce Stiffness to add on anytime: https://youtu.be/MWG4mMtZGFo	20 min Standing Stretch as an add-on: https://youtu.be/cVYt97kLzos	30 min Seated Stretch to add on anytime: https://youtu.be/4raIW07Hef4 OR 12 min Seated Stretch by the Lake https://youtu.be/Nb0k9lu0154		1 15 min Health Boost https://youtu.be/-X4Dis7LJ1E 15 min Standing Abs & Cardio https://youtu.be/Eos-YLckwGA
2 30 min Low Impact Cardio; 30/15 https://youtu.be/vd-sc3_H6sk	3 NEW UPLOAD or 15 min Walk https://youtu.be/PqLEST2TWss 15 min Full Body Strength https://youtu.be/O9PTFZcRA60	4 30 min Cardio; 45 sec work, 15 sec rest https://youtu.be/4hg dCe96mc0 7 min Balance https://youtu.be/eL2-lj8nSR4	5 40 min All-in-One https://youtu.be/piQfWroJYok Optional add on: 10 min Full Body Strength https://youtu.be/SEdIBwZQbHw	6 30 min Soca Dance https://youtu.be/oB3Fpkz2zS4	7 20 min Cardio (Plyo) https://youtu.be/JFjvje hY5-U 15 min Strength https://youtu.be/-mezmaW4mk	8 21 min Japanese Walking Method https://youtu.be/R6lffRt7g0s 10 min Standing Abs https://youtu.be/GRhRwzr5jkh
9 15 min Walk https://youtu.be/6YKGcF6j0Zk 15 min Evening Walk https://youtu.be/lnUbb24xDjA	10 35 min Cardio & Strength https://youtu.be/_ju90x3W_jg 15 min Walk; 30 sec moves https://youtu.be/H4R1xvcP94E	11 20 min Country Cardio https://youtu.be/Sv26jHbj9mc	12 15 min Feel Good Cardio https://youtu.be/wT4sqZYiaIM 15 or 30 min Strength (your choice) https://youtu.be/dA0XAAEF68o	13 20 min HIIT https://youtu.be/bmYc5GME4IA 10 min Balance Training https://youtu.be/1AaAWRvKj1k	14 45 min All-in-One https://youtu.be/aRzYRWKmq74	15 30 min Steady State Cardio https://youtu.be/4hgdCe96mc0
16 20 min Brain & Body Workout https://youtu.be/YU_X-AUyUxE 10 min Standing Abs https://youtu.be/Uz2Bt nnc9Aw	17 45 min All-in-One (20 min cardio, then strength + cardio built in) https://youtu.be/h0zl3GG80QQ	18 21 min Japanese Walking Method https://youtu.be/R6lffRt7g0s 7 min Balance https://youtu.be/eL2-lj8nSR4	19 15 min Walk with weights https://youtu.be/_d_egtI8GiE 25 min Strength https://youtu.be/rtaq1tRjnhA	20 30 min Low Impact Cardio https://youtu.be/vd-sc3_H6sk	21 35 min Cardio & Strength https://youtu.be/_ju90x3W_jg	22 30 min Cardio https://youtu.be/kHx-PyUWF5w
23 30 min Soca Dance https://youtu.be/oB3Fpkz2zS4	24 7 min Walk https://youtu.be/g5ZY2BURCz8 25 min Strength https://youtu.be/rtaq1tRinhA	25 20 min Walk https://youtu.be/mw3Zos6c_gU 10 min Balance Training https://youtu.be/1AaAWRvKj1k	26 20 min Cardio & Strength https://youtu.be/2ql3RwOZfsY 11 min Walk with Weights https://youtu.be/14lbwFjSKtc	27 20 min Hiit; 45/15 https://youtu.be/YGw0eJzLad4	28 30 min All-in-One Walk with Weights https://youtu.be/uWVlNJGuwQ8	29 30 min Workout to the 60's/70's https://youtu.be/4qnDwHN6yIU

30 20 min Walk https://youtu.be/4BZ1t_aKCT8	31 15 min Walk https://youtu.be/P-z1jTkObow 15 or 30 min Strength https://youtu.be/dA0XAAFF68n					
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