

IMPROVED HEALTH **JULY** WORKOUT CALENDAR

BEGINNER LEVEL **CARDIO & STRENGTH** WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 20 min Cardio & Strength https://youtu.be/2qI3RwOZfsY 10 min Standing Abs https://youtu.be/Uz2Btnc9Aw	2 20 min Country Cardio https://youtu.be/Sv26jHbj9mc 10 min Balance https://youtu.be/1AaAWRvKj1k	3 15 min Walk https://youtu.be/-X4DI57LJ1E 15 or 30 min Strength (your choice) https://youtu.be/dA0XA AEF68o	4 20 min Low Impact Cardio https://youtu.be/y_xKqfYHkX4 10 min Standing Abs https://youtu.be/GRhRwzr5jkh
5 30 min Low Impact Cardio; 3328 steps https://youtu.be/kHx-PyUWF5w	6 35 min Cardio and Strength (with instruction) https://youtu.be/_ju90x3W_jg	7 30 min Soca Dance https://youtu.be/oB3Fpkz2zS4	8 45 min All-in-One https://youtu.be/h0zl3G80QQ	9 21 min Japanese Intervals https://youtu.be/R6lFFrt7g0s 15 min Brain and Body https://youtu.be/wKsjUE Njiws	10 15 min Walk https://youtu.be/-X4DI57LJ1E 20 min Functional Fitness https://youtu.be/vfqZBkernzg	11 20 min 1970's Walk https://youtu.be/xqA_T8qQB4g 15 min 'Evening' Walk https://youtu.be/lnUbb24xDjA
12 20 min Walk, 20/10 https://youtu.be/UR0DOR2zdPY	13 30 min Walking with Weights All-in-One https://youtu.be/uWVINJGuwQ8 12 min Strength & Balance https://youtu.be/8EUChsWJjhU	14 20 min Motivating Walking Workout https://youtu.be/Zgxh3S80gBQ 15 min Feel Good Cardio https://youtu.be/wT4sqZYialM	15 20 min Cardio; 119-121 bpm https://youtu.be/IA9yH2994vY 15 or 30 min Strength (your choice) https://youtu.be/dA0XA AEF68o	16 20 min Hiit https://youtu.be/bmYc5GME4IA 20 min Brain and Body https://youtu.be/YU_X-AUyUxE	17 40 min All-in-One https://youtu.be/E0FpF0J0tg8	18 30 min Cardio; 45 sec work, 15 sec rest https://youtu.be/4hgdCe96mc0
19 15 min Cardio; 15/15 format https://youtu.be/TFGQA BxzuiI 15 min Walk https://youtu.be/H4R1xvcP94E	20 15 min Gentle Walk https://youtu.be/PqLES T2TWss 25 min Strength (chair for support) https://youtu.be/rtaq1tRjnhA	21 30 min Soca Dance https://youtu.be/oB3Fpkz2zS4	22 15 min Plyometrics Cardio https://youtu.be/JFvjehY5-U 20 min Functional Fitness https://youtu.be/vfqZBkernzg	23 30 min Cardio; 30/15 https://youtu.be/vd-sc3_H6sk	24 30 min All-in-One; 1 min moves https://youtu.be/i96SEOqyAjU	25 30 min Cardio; 30 sec moves with 15 sec walk https://youtu.be/vd-sc3_H6sk
26 21 min Japanese Walk https://youtu.be/R6lFFrt7g0s 7 min Balance https://youtu.be/eL2-lj8nSR4	27 15 min Abs & Cardio https://youtu.be/Eos-YLckwGA 15 min Barre https://youtu.be/IWLWVb_Y7HI	28 20 min Cardio, 20/10 https://youtu.be/mw3Zos6c_gU 10 min Balance https://youtu.be/1AaAWRvKj1k	29 30 min All-in-One https://youtu.be/i96SEOqyAjU 17 min Isometrics https://youtu.be/M72dc1Tt-ZI	30 20 min Hiit; 45/15 https://youtu.be/YGw0eJzLad4 15 min Lower Sugars https://youtu.be/LQKFpP_iHNM	31 15 min Cardio https://youtu.be/wT4sqZYialM 15 or 30 min Strength (your choice) https://youtu.be/dA0XA AEF68o	

