

IMPROVED HEALTH **JANUARY** WORKOUT CALENDAR

INTERMEDIATE LEVEL **CARDIO & STRENGTH** WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add stretching videos in when time allows.				1 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4	2 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw 10 min Defined Legs https://youtu.be/ej2vrOirxno	3 25 min Sweaty Cardio https://youtu.be/tHqOIk5xsY
4 30 min Cardio https://youtu.be/eYUx64kGXHc	5 NEW UPLOAD or 30 min Post Holiday All-in-One https://youtu.be/sw5-hGu-fvE 10 min Strength https://youtu.be/SEdIBwZQbHw	6 40 min 4800 Steps https://youtu.be/tGrVHoo2jHo	7 35 min All-in-One with intervals https://youtu.be/GjYYXkjdpZQ 10 min Summer Arms https://youtu.be/a1r5ymtV8HY	8 30 min Cardio (6 intervals) https://youtu.be/t4ZQsbO-RbQ 7 min Balance https://youtu.be/eL2-lj8nSR4	9 45 min All-in-One 3 rounds https://youtu.be/JmPDID4ekvs	10 25 min 3000 Steps https://youtu.be/f4kDSrBnayY
11 10 min Morning Stretch https://youtu.be/iSYzl7Fh65w 20 min Dance Workout, 125 bpm https://youtu.be/Qd7bk1O92Tc	12 40 min All-in-One Menopause Workout https://youtu.be/Gew8bclest4	13 45 min 5250 Steps Cardio https://youtu.be/0djMDrNliol	14 30 min All-in-One Secrets to Longevity https://youtu.be/TRzLLRR31f0 10 min Strength https://youtu.be/SEdIBwZQbHw	15 30 min Waist Slimming Cardio https://youtu.be/yUmNojSXlVA 7 min Balance https://youtu.be/eL2-lj8nSR4	16 35 min All-in-One with intervals https://youtu.be/0ldfvDkeDEk 15 min Legs/Glutes Cardio https://youtu.be/84EwmPjJLdc	17 20 min Weight Loss Walk https://youtu.be/ZYSnjeXtlIQ
18 30 min Japanese Walk https://youtu.be/mJ0s1Cq8Lf8 10 min Morning Stretch https://youtu.be/iSYzl7Fh65w	19 40 min All-in-One Cardio Kickboxing https://youtu.be/PdOYcBCaQM0	20 30 min Cardio, 20 sec moves https://youtu.be/eYUx64kGXHc	21 50 min All-in-One https://youtu.be/tSArkZtTRqQ	22 20 min 2500 steps, 15 sec moves https://youtu.be/xRBsSPx6Q9w	23 32 min Walk with weights https://youtu.be/zoKAN7UUTLQ 15 min Legs & Glutes Cardio https://youtu.be/84EwmPjJLdc	24 20 min Cardio (20 sec on, 10 sec rest) https://youtu.be/k-P6GixYCrk
25 20 min Fast Walk https://youtu.be/CyAls gB8M3g	26 15 min 1 Mile Walk https://youtu.be/zltw21j-Xr4 Day 1 Upper Body Strength https://youtu.be/x1MsCE3OBnc	27 10 min Walk https://youtu.be/MNYiny nDHGJ4 Day 2 Lower Body Strength https://youtu.be/y9411UdVuqY	28 20 min Fast Walk with intervals https://youtu.be/OZYDSQ0Ah_o 7 min Balance https://youtu.be/eL2-lj8nSR4	29 30 min Full Body All-in-One https://youtu.be/ju4kV9Baqq4 10 min Strength https://youtu.be/SEdIBwZQbHw	30 30 min 4000 Steps https://youtu.be/rev3WYnbnR4	31 20 min 30,20,10 HIIT https://youtu.be/Bz9eFPmznS0

