

JANUARY 2023 WORKOUT CALENDAR

IMPROVED HEALTH

¹ INTERMEDIATE ALL-IN-ONE	INTERMEDIATE INTERVAL	INTERMEDIATE STANDING	GENTLE RECOVERY DAY	INTERMEDIATE INTERVAL	INTERMEDIATE ALL-IN-ONE	GENTLE + STRENGTH
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Cardio Kickboxing 42 minutes	2 Day 2 Series 2 40 minutes	3 Low Impact Walking 40 minutes	4 All-in-One Nice & Easy 30 minutes	5 Fat Loss 40 minutes	6 Strength & Walking/Jogging intervals 38 minutes	7 Gentle Walk 15 minutes + Strength 14 minutes
8 All-In-One # 3 39 minutes	9 Day 5 Series 2 Endurance Walk to Burn Fat 51 minutes	10 Wooden Spoons 40 minutes	11 All-in-One Gentle 33 minutes	12 Walking w/light weights 26 minutes	13 Full body 36 minutes	14 Gentle Beginner 19 minutes + Strength 17 minutes
15 Low Impact 40 minutes	16 Day 7 Series 2 21 minutes	17 Fast Walking with Stretches 32 minutes	18 Gentle/Beginner Entire Body 36 minutes	19 Series 2 Day 1 32 minutes	20 1950S 31 minutes	21 Gentle Walk 15 minutes + Strength 16 minutes
22 Disco 30 minutes	23 Day 1 Series 3 31 minutes	24 Interval Walking 32 minutes	25 Gentle Full Body Workout 26 minutes	26 Series 3 Day 2 29 minutes	27 Full Body 40 minutes	28 1200 Steps/Low Impact Walk 15 minutes + Strength 21 minutes
29 All-In-One #10 44 minutes	30 Day 3 Series 3 36 minutes	31 2000 Steps Low Impact Fast Walking 18 minutes				

¹ Add 30+ minutes of outdoor activity two to three afternoons a week. If weather doesn't permit, walk the indoor mall.