|  |
| --- |
| IMPROVED HEALTH MAY WORKOUT CALENDAR |
| INTERMEDIATE LEVEL CARDIO & STRENGTH WORKOUTS  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Try to add stretching videos in when time allows. |  |  |  | 130 min Walk for Weight Loss<https://youtu.be/fYcWvToUsm4> | 230 min Ultimate All-in-One<https://youtu.be/m0fEoy7bxXw>10 min Defined Legs<https://youtu.be/ej2vr0irxno> | 325 min Sweaty Cardio<https://youtu.be/tHqOi-k5xsY> |
| 4 | 5 |  |  |  |  |  |
| 430 min Cardio<https://youtu.be/eYUx64kGXHc> | 528 min All-in-One<https://youtu.be/JZeY8Ux6IYY>10 min Strength<https://youtu.be/SEdIBwZQbHw> | 640 min 4800 Steps<https://youtu.be/tGrVHoo2jHo> | 735 min All-in-One with intervals<https://youtu.be/GjYYXkjdpZQ>10 min Summer Arms<https://youtu.be/a1r5ymtV8HY> | 830 min Cardio(6 intervals)<https://youtu.be/t4ZQsbO-RbQ>7 min Balance<https://youtu.be/eL2-lj8nSR4> | 945 min All-in-One3 rounds<https://youtu.be/JmPDiD4ekvs> | 1025 min 3000 Steps<https://youtu.be/f4kDSrBnayY> |
| 11 | 11 |  |  |  |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 10 min Morning Stretch<https://youtu.be/iSYzI7Fh65w>20 min Dance Workout, 125 bpm<https://youtu.be/Qd7bk1O92Tc> | 40 min All-in-One MenopauseWorkout<https://youtu.be/Gew8bcIest4> | 45 min 5000 Steps<https://youtu.be/xq3HSC1N68Y> | 30 min All-in-OneSecrets to Longevity<https://youtu.be/TRzLLRR31f0>10 min Strength<https://youtu.be/SEdIBwZQbHw> | 30 min Waist Slimming Cardio<https://youtu.be/yUmNojSXIvA>7 min Balance<https://youtu.be/eL2-lj8nSR4> | 35 min All-in-One with intervals<https://youtu.be/0IdfvDkeDEk>15 min Legs/Glutes Cardio<https://youtu.be/84EwmPjJLdc> | 20 min Weight Loss Walk<https://youtu.be/ZYSnJeXttIQ> |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 20 min Varied Interval Training<https://youtu.be/RcMrxdvRouY>10 min Morning Stretch<https://youtu.be/iSYzI7Fh65w> | 40 min All-in-OneCardio Kickboxing<https://youtu.be/PdOYcBCaQM0> | 30 min Cardio, 20 sec moves <https://youtu.be/eYUx64kGXHc> | 50 min All-in-One<https://youtu.be/tSArkZtTRqQ> | 20 min 2500 steps, 15 sec move<https://youtu.be/xRBsSPx6Q9w> | 32 min Walk with weights<https://youtu.be/zoKAN7UUTLQ>15 min Legs & Glutes Cardio<https://youtu.be/84EwmPjJLdc> | 20 min Cardio (20 sec on, 10 sec rest)<https://youtu.be/k-P6GixYCrk> |
| 2520 min Fast Walk <https://youtu.be/CyAlsgB8M3g> | 2615 min 1 Mile Walk<https://youtu.be/zItw21j-Xr4>Day 1 Upper BodyStrength<https://youtu.be/x1MsCE3OBNc> | 2710 min Walk<https://youtu.be/MNYiynDHGJ4>Day 2 Lower BodyStrength<https://youtu.be/y9411UdVuqY> | 2820 min Fast Walk with intervals<https://youtu.be/OZYDSQ0Ah_o>7 min Balance<https://youtu.be/eL2-lj8nSR4> | 2930 min Full Body All-in-One<https://youtu.be/ju4kV9Baqk4>10 min Strength<https://youtu.be/SEdIBwZQbHw> | 3030 min 4000 Steps<https://youtu.be/rev3WYnbkR4> | 3120 min 30,20,10 HIIT<https://youtu.be/Bz9eFPmznS0> |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |