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

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| 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/ej2vr0irxno> | 3  25 min Sweaty Cardio  <https://youtu.be/tHqOi-k5xsY> |
| 4 | 5 |  |  |  |  |  |
| 4  30 min Cardio  <https://youtu.be/eYUx64kGXHc> | 5  28 min All-in-One  <https://youtu.be/JZeY8Ux6IYY>  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 | 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 Menopause  Workout  <https://youtu.be/Gew8bcIest4> | 45 min 5000 Steps  <https://youtu.be/xq3HSC1N68Y> | 30 min All-in-One  Secrets 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-One  Cardio 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> |
| 25  20 min Fast Walk  <https://youtu.be/CyAlsgB8M3g> | 26  15 min 1 Mile Walk  <https://youtu.be/zItw21j-Xr4>  Day 1 Upper Body  Strength  <https://youtu.be/x1MsCE3OBNc> | 27  10 min Walk  <https://youtu.be/MNYiynDHGJ4>  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/ju4kV9Baqk4>  10 min Strength  <https://youtu.be/SEdIBwZQbHw> | 30  30 min 4000 Steps  <https://youtu.be/rev3WYnbkR4> | 31  20 min 30,20,10 HIIT  <https://youtu.be/Bz9eFPmznS0> |
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