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| IMPROVED HEALTH STRENGTH WORKOUTS |
| FOR BEGINNERS (5th level of strength workouts) 5 DAY PROGRAM |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | Day 1:  <https://youtu.be/TxEmqmLT5WA> | Day 2:  <https://youtu.be/sth7qOgp6Yw> | Day 3:  <https://youtu.be/FPy1SScJkQ0> | Day 4:  <https://youtu.be/GtGoDq7ErwQ> | Day 5:  <https://youtu.be/P8AtWFsDEnE> |  |
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**TIPS:**

* Ideally, add a cardio workout onto the strength workout. You can do cardio before or after strength workouts. It’s a personal choice on what works best for you.
* Use a weight that is challenging while ensuring your form is correct (work out in front of a mirror while you are learning new exercises).
* You don’t necessarily have to do these M- F. You can choose to do them on the weekend days or whatever combination of days works for you.