

IMPROVED HEALTH **APRIL** WORKOUT CALENDAR

INTERMEDIATE LEVEL WORKOUTS (add on more workouts to suit YOU)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Welcome to another month of being active and healthy!</p> <p>Add extra strength workouts!</p>	<p>1 Link will be up at 6 am EST (Bruce Springsteen!) + 15 min Plyo Workout https://youtu.be/JFvjehY5-U</p>	<p>2 30 min all-in-one https://youtu.be/TRzLLRR31f0</p>	<p>3 30 min Power Walk with intervals https://youtu.be/94XDPrxvckE</p>	<p>4 15 min Hiit 30,20,10 https://youtu.be/mT8AtEtyoDY 15 min Barre Workout https://youtu.be/J_zf0_9071o</p>	<p>5 30 min Cardio (20 sec segments) https://youtu.be/eYUx64kGXHc</p>	<p>6 30 min Tabata (talking) https://youtu.be/Ofh8bJwT1eI</p>
<p>7 30 min 3000 steps with intervals https://youtu.be/lwPgM6jXrBc</p>	<p>8 35 min Tabata all-in-one https://youtu.be/nTTFZJnEw3c</p>	<p>9 40 min 4800 steps https://youtu.be/tGrVHoo2jHo</p>	<p>10 32 min Walking all-in-one https://youtu.be/zoKAN7UUTLQ</p>	<p>11 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4</p>	<p>12 40 min Kickboxing All-in-one https://youtu.be/PdOYcBCaQM0</p>	<p>13 Mid-month challenge! 10000 steps... https://youtu.be/PDvTAazBGog</p>
<p>14 15 min 1 mile walk https://youtu.be/zltw21j-Xr4 10 min Dance Party https://youtu.be/MNYiynDHGJ4</p>	<p>15 45 min All-in-One https://youtu.be/JmPDiD4ekvs</p>	<p>16 20 min Interval Training (30,20,10) https://youtu.be/kcGUHETOUpm</p>	<p>17 50 min all-in-one Including intervals https://youtu.be/tSArkZtTRqQ</p>	<p>18 15 min Walk to Boost Mood https://youtu.be/04tKECRI6e4 10 min Dance Workout https://youtu.be/WVmp_bKPZX4</p>	<p>19 30 min Ultimate All-in-One https://youtu.be/m0Feyoy7bxXw</p>	<p>20 20 min Dance Workout https://youtu.be/DrIPz5p_xnc</p>
<p>21 25 min Walking Hiit https://youtu.be/lA2rbZr7OWk</p>	<p>22 20 min All-in-One https://youtu.be/QNz9RVgRk4M</p>	<p>23 25 min Kickboxing Cardio Workout https://youtu.be/7J75n3yQFB0</p>	<p>24 25 min All-in-One https://youtu.be/E8yxtsPtB4</p>	<p>25 50 min 5200 Steps https://youtu.be/Y1Ry1EQMv_E</p>	<p>26 20 min Cardio & Strength https://youtu.be/94Vy_wSkqtQ</p>	<p>27 20 min Weight Loss Workout with intervals https://youtu.be/d7r-oFTfK34</p>
<p>28 25 min Low Impact Cardio https://youtu.be/saL5lquTMeY</p>	<p>29 20 min Dance https://youtu.be/-PDOPXTC3mc 15 min Legs and Glutes Cardio https://youtu.be/84E</p>	<p>30 20 min Fast Walk with intervals https://youtu.be/OZYDSQ0Ah_o</p>	<p>STRETCHES to add on anytime: 20 min Stretch & Mindfulness: https://youtu.be/fUb8qRAN_ws</p>	<p>5 min Stretch: https://youtu.be/qEECHY5tDKY 13 min Stretch: https://youtu.be/-ljjYyAblyA</p>	<p>Stretches to relieve back pain: https://youtu.be/jfjX8Q_-B18 12 min Stretch: https://youtu.be/EoyTf8Q7Fh4</p>	