

IMPROVED HEALTH **JANUARY** WORKOUT CALENDAR

BEGINNER LEVEL **CARDIO & STRENGTH** WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add stretching videos in when time allows. 10 min Morning Standing Stretch https://youtu.be/iSYzI7Fh65w				1 20 min Motivating Workout https://youtu.be/Zgxh3S80gBQ 7 min Balance https://youtu.be/eL2-lj8nSR4	2 40 min All-in-One https://youtu.be/piQfWroJYok	3 15 min Brain and Body Workout https://youtu.be/wKsjuENJiws 15 min 'Evening' Walk https://youtu.be/InUbb24xDjA
4 20 min Low Impact, 116-117 bpm https://youtu.be/UR0D0R2zdPY	5 40 min All-in-One, 123-124 bpm https://youtu.be/E0FpF0J0tg8	6 20 min HIIT https://youtu.be/YGw0eJzLad4 10 min Bruce Springsteen https://youtu.be/bqqwmCEPrjw	7 20 min All-in-One https://youtu.be/9Aouu7WQVOY 12 min Strength & Balance https://youtu.be/8EUChsWJjhU	8 20 min Low Impact https://youtu.be/y_xKgFYHkX4 10 min Standing Abs https://youtu.be/Uz2BtNnc9Aw	9 30 min Walk with Weights All-in-One https://youtu.be/uWVlNJGuwQ8 10 min Strength https://youtu.be/SEdIBwZQbHw	10 10 min Fit Over 50 https://youtu.be/tpFkB AQYkAo 15 min Walk https://youtu.be/LQKFpP_iHNM
11 20 min Walk, 120 bpm https://youtu.be/mw3Zos6c_gU	12 10 min Standing Abs https://youtu.be/Uz2BtNnc9Aw 15 min Plyo Workout https://youtu.be/JFjvje hY5-U	13 20 min HIIT https://youtu.be/bmYc5GME4IA 7 min Balance https://youtu.be/eL2-lj8nSR4	14 30 min All-in-One https://youtu.be/i96SE OqyAjU 5 min Arms & Balance https://youtu.be/Btj6gn kDZxI	15 22 min Tabata (4 rounds) https://youtu.be/CJ4qkE23k4w	16 35 min Cardio & Strength (talking) https://youtu.be/_ju90x3W_jg	17 30 min Cardio (30 sec move, 15 sec walk) https://youtu.be/vd-sc3_H6sk
18 20 min Walk; 119-121 bpm https://youtu.be/IA9yH2994vY	19 20 min All-in-One https://youtu.be/2ql3RwOZfsY 15 min Walk with Weights https://youtu.be/_d_egt l8GtE	20 30 min Cardio https://youtu.be/kHx-PyUWF5w 7 min Balance https://youtu.be/eL2-lj8nSR4	21 40 min All-in-One, 123-124 bpm https://youtu.be/E0FpF0J0tg8	22 20 min HIIT https://youtu.be/YGw0eJzLad4	23 45 min All-in-One https://youtu.be/h0zl3GG80QQ	24 21 min Japanese Walk https://youtu.be/R6lffrt7q0s
25 10 min Fit Over 50 https://youtu.be/tpFkB AQYkAo 15 min Walk https://youtu.be/LQKFpP_iHNM	26 17 min Isometric Strength https://youtu.be/M72dc1Tt-Zl 10 min Standing Abs https://youtu.be/GRhRwzr5jnh	27 30 min Cardio (30 sec move, 15 sec walk) https://youtu.be/vd-sc3_H6sk	28 20 min All-in-One https://youtu.be/9Aouu7WQVOY 15 min Standing Abs & Cardio https://youtu.be/Eos-YLckwGA	29 20 min Low Impact, 116-117 bpm https://youtu.be/UR0D0R2zdPY 7 min Balance https://youtu.be/eL2-lj8nSR4	30 30 min All-in-One https://youtu.be/i96SE OqyAjU 5 min Arms & Balance https://youtu.be/Btj6gn kDZxI	31 30 min LISS https://youtu.be/4hgdC e96mc0

