

IMPROVED HEALTH **STRENGTH** WORKOUTS

FOR BEGINNERS (5th level of strength workouts) 5 DAY PROGRAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Day 1: https://youtu.be/TxEmqmLT5WA	Day 2: https://youtu.be/th7qOgp6Yw	Day 3: https://youtu.be/FPy1SScJkQ0	Day 4: https://youtu.be/GtGoDq7ErwQ	Day 5: https://youtu.be/P8AtWFsDnE	
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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.