

IMPROVED HEALTH **FEBRUARY** WORKOUT CALENDAR

INTERMEDIATE LEVEL WORKOUTS – CARDIO + STRENGTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 30 min Cardio; 130 bpm https://youtu.be/pjn8OOC1b0Q	2 10 min NEW UPLOAD on the channel for your warm-up + 20 min Lower Body Strength https://youtu.be/z0nqASW63q4	3 20 min 2500 Steps https://youtu.be/xRBsSPx6Q9w + 20 min Upper Body Strength https://youtu.be/fTDPwKoB2LY	4 20 min Weight Loss Interval Workout https://youtu.be/d7r-oFTfK34 1 Mile Brisk Walk https://youtu.be/8l76TFbW6bs	5 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw 10 min Strength over 50 https://youtu.be/IYhNf8_9BzU	6 30 min Waist Slimming Cardio https://youtu.be/yUmNojSXlvA	7 30 min Japanese Walk https://youtu.be/UmJXLXwn5Il
8 45 min 3 miles Cardio https://youtu.be/0djMDrNliol	9 New UPLOAD on the channel (30 min Cardio)	10 15 min 140 bpm Walk https://youtu.be/eKJ0u6C3UWA 35 min Upper Body Strength https://youtu.be/x1MsCE3OBnc	11 12 min Walk https://youtu.be/23fl786Fotw 35 min Lower Body Strength https://youtu.be/y9411UdVuqY	12 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4	13 30 min Metabolism Boost All-in-One https://youtu.be/e5EjTrB0rwo 15 min Strength https://youtu.be/O9PTFZcRA60	14 30 min Walk for Weight Loss Cardio https://youtu.be/fYcWvToUsm4
15 20 min Walk https://youtu.be/KJ-aPNbOz3g 15 min Energy Boost https://youtu.be/30cRgUWhauc	16 20 min Dynamic Cardio & Strength https://youtu.be/94Vy_wSkqtQ 10 min Dance Party https://youtu.be/MNYiy_nDHGJ4	17 45 min 5000 Steps https://youtu.be/xq3HSC1N68Y	18 30 min Cardio & Lower Body (Day 1) https://youtu.be/ZjG9xPBqwKI	19 30 min Cardio & Upper Body (Day 2) https://youtu.be/k1MV7Voa5X4	20 20 min Fast Walk https://youtu.be/CyAls_gB8M3g 15 min Hiit (30/20/10 format) https://youtu.be/mT8AtEtyoDY	21 20 min 2500 Steps https://youtu.be/xRBsSPx6Q9w 10 min Walk with Weights https://youtu.be/PblerrEus_c
22 30 min Post Holiday Walk https://youtu.be/sw5-hGu-fvE	23 15 min Cardio https://youtu.be/8l76TFbW6bs 25 min Strength, 3 sets https://youtu.be/XNEic6Rrz0M	24 25 min Power Walk https://youtu.be/TCbmsoA_xf0 10 min Standing Abs https://youtu.be/cfROwfwCYsQ	25 40 min All-in-One https://youtu.be/Gew8bclest4	26 40 min Cardio, 4575 steps https://youtu.be/AaMvl9SPEu8	27 30 min All-in-One https://youtu.be/Yzu1x9ik8dg 12 min Strength https://youtu.be/FHNib8tLYpw	28 30 min 4000 Steps https://youtu.be/rev3WYnbkR4

