

IMPROVED HEALTH **JULY** WORKOUT CALENDAR

INTERMEDIATE LEVEL **CARDIO & STRENGTH** WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw Extra 10 min Strength: https://youtu.be/IYhNf8_9BzU	2 30 min 4000 steps https://youtu.be/rev3WYnbkR4	3 40 min Menopause All-in-One (regardless of menopause, still a good one to do!) https://youtu.be/Gew8b_clest4	4 30 min Dance Cardio; 125 bpm; 30/15 https://youtu.be/nW1sLPyf_U4
5 25 min Cardio; 15 sec moves https://youtu.be/saL5lguTMeY	6 The new 20 min upload to YouTube + 15 min Full Body Strength https://youtu.be/O9PTF_ZcRA60	7 30 min Post-Holiday Intervals https://youtu.be/sw5-hGu-fvE	8 20 min Cardio and Strength Part 1 https://youtu.be/ZjG9xPBqwkI 12 Minute Cardio https://youtu.be/23fl786Fotw	9 20 min Cardio and Strength Part 2 https://youtu.be/k1MV7Voa5X4 20 min Dance Workout https://youtu.be/Qd7bk1O92Tc	10 30 min Cardio; 30 sec moves; 128 BPM https://youtu.be/fYcWvToUsm4	11 30 min Country Cardio https://youtu.be/_yqz8goQA-8
12 25 min Intervals; 15/15 https://youtu.be/lA2rbZr7OWk	13 30 min Full Body Strength https://youtu.be/wFL6cDvsUXo 12 min Cardio; 15 sec https://youtu.be/23fl786Fotw	14 40 min Japanese Intervals https://youtu.be/x2aVB0hYx8k	15 25 min Full Body Strength https://youtu.be/XNEiC6Rrz0M 15 min 1 Mile; 140 bpm https://youtu.be/8I76TFbW6bs	16 45 min Cardio; 5250 steps, 3 miles https://youtu.be/0djMDrNliol	17 50 min All-in-One; 25 min cardio; 20 min strength https://youtu.be/tSArkZtTRqQ	18 30 min Cardio; 130 bpm; 20/10 format https://youtu.be/pjn8OOC1b0Q
19 30 min Cardio; 128 bpm; 30 sec moves https://youtu.be/MOz41fYRBvs	20 30 min All-in-One with intervals https://youtu.be/Yzu1x9ik8dg 10 min Strength https://youtu.be/IYhNf8_9BzU	21 30 min Cardio; 20 sec moves https://youtu.be/eYUx64kGXHc	22 30 min All-in-One; 40 sec work/20 sec rest https://youtu.be/ju4kV9Baqk4 10 min Standing Abs https://youtu.be/gLnTHrU2VWA	23 30 min Japanese Intervals https://youtu.be/mJ0s1Cq8Lf8	24 20 min Cardio & Strength https://youtu.be/94VywSkqtQ 15 min Energy Boost https://youtu.be/30cRgUWhauc	25 20 min Hiit https://youtu.be/k-P6GixYCrk
26 20 min Fast Walk Cardio https://youtu.be/CyAlsQB8M3g 10 min Balance https://youtu.be/1AaAWRvKj1k	27 20 min Lower Body Strength https://youtu.be/z0nqASW63q4 20 min Walk; 15 sec https://youtu.be/xRBsSPx6Q9w	28 20 min Upper Body Strength https://youtu.be/fTDPwKoB2LY 10 min Walk with Weights https://youtu.be/PblerrEus_c	29 25 min Fast Power Walk https://youtu.be/TCbms_oA_xf0	30 25 min Dance Cardio; 140 bpm https://youtu.be/F3BJR-4Ywlo	31 15 min 1 Mile Walk https://youtu.be/zltw21j-Xr4 25 min 3 sets of Strength Training https://youtu.be/XNEiC6Rrz0M	