

IMPROVED HEALTH **STRENGTH** WORKOUTS

CHALLENGING (6th level of strength workouts) 2 DAY PROGRAM (only do these if you have experience with strength training)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY		Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY	
	Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY		Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY	
	Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY		Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY	
	Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY		Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY	
	Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY		Upper Body: https://youtu.be/x1MsCE3OBNc	Lower Body: https://youtu.be/y9411UdVuqY	

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 Mon/Tues and Thur/Fri. You can choose to do them on the weekend days or whatever combination of days works for you. For example, you can choose Sun/Mon and Wed/Thurs, etc