

IMPROVED HEALTH **NOVEMBER** WORKOUT CALENDAR

BEGINNER LEVEL **CARDIO & STRENGTH** WORKOUTS for IMPROVED HEALTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add a stretching routine in when time allows (at least 2-3x weekly).						1 30 min Low Impact https://youtu.be/kHx-PyUWF5w
2 30 min Low Impact Cardio; 30/15 https://youtu.be/vd-sc3_H6sk	3 NEW UPLOAD or 20 min Tabata https://youtu.be/QqoDbTt51R8 10 min Full Body Strength https://youtu.be/SEdIBwZQbHw	4 20 min Cardio (optional LIGHT weights) https://youtu.be/4BZ1t_aKCT8 7 min Balance https://youtu.be/eL2-lj8nSR4	5 40 min All-in-One https://youtu.be/piQfWroJYok	6 20 min Brain/Body https://youtu.be/YU_X-AUyUxE 15 min Standing Abs & Cardio https://youtu.be/Eos-YLckwGA	7 20 min Cardio (Plyo) https://youtu.be/JFivjeHY5-U 15 min Strength https://youtu.be/mezmaW4mk	8 21 min Japanese Walking Method https://youtu.be/R6lffRt7g0s 10 min Standing Abs https://youtu.be/GRhRwzr5jkh
9 15 min Walk https://youtu.be/6YKGcF6j0Zk 15 min Evening Walk https://youtu.be/lnUbb24xDjA	10 35 min Cardio & Strength https://youtu.be/_ju90x3W_jg 15 min Walk; 30 sec moves https://youtu.be/H4R1xvcP94E	11 20 min Motivating Walk https://youtu.be/Zgqh3S80gBQ 10 min Walk; 25/15 https://youtu.be/OSf-z2pfldw	12 15 min Feel Good Cardio https://youtu.be/wT4sqZYialM 10 min Defined Legs https://youtu.be/ej2vr0irxno 5 min Arms & Balance https://youtu.be/Btj6gnkD7xI	13 20 min HIIT https://youtu.be/bmYc5GME4IA 10 min Fit over 50 https://youtu.be/tpFkB AQYkAo	14 30 min All-in-One https://youtu.be/i96SEOqyAjU	15 30 min Steady State Cardio https://youtu.be/4hgdCe96mc0
16 15 min Walk with weights https://youtu.be/_d_egtI8GtE 15 min Walk https://youtu.be/sA645DcU2YA	17 45 min All-in-One (20 min cardio, then strength + cardio built in) https://youtu.be/h0zl3GG80QQ	18 21 min Japanese Walking Method https://youtu.be/R6lffRt7g0s 7 min Balance https://youtu.be/eL2-lj8nSR4	19 22 min Tabata https://youtu.be/CJ4qkE23k4w 10 min Strength https://youtu.be/SEdIBwZQbHw	20 30 min Low Impact Cardio https://youtu.be/vd-sc3_H6sk	21 35 min Cardio & Strength https://youtu.be/_ju90x3W_jg 15 min Walk with weights https://youtu.be/_d_egtI8GtE	22 20 min 'Energetic' Walk https://youtu.be/MPUanJZgCJs
23 30 min Low Impact https://youtu.be/kHx-PyUWF5w	24 7 min Walk https://youtu.be/g5ZY2BURCz8 25 min Strength https://youtu.be/rtaq1tRinhA	25 20 min HIIT https://youtu.be/bmYc5GME4IA	26 20 min Cardio & Strength https://youtu.be/2ql3RwOZfsY 11 min Walk with Weights https://youtu.be/14lbwFjSKtr	27 20 min Hiit; 45/15 https://youtu.be/YGw0eJzLad4	28 30 min All-in-One Walk with Weights https://youtu.be/uWVlNJGuwQ8	29 30 min Workout to the 60's/70's https://youtu.be/4qnDwHN6yIU

30 20 min Brain & Body Workout https://youtu.be/YU_X-AUyUxE 15 min Standing Abs & Cardio https://youtu.be/						
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