|  |
| --- |
| IMPROVED HEALTH MARCH WORKOUT CALENDAR |
| INTERMEDIATE LEVEL WORKOUTS |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **STRETCHES to add**  **on anytime:**  20 min Stretch & Mindfulness:  <https://youtu.be/fUb8qRAN_ws> | 5 min Stretch:  <https://youtu.be/gEECHy5tDKY>  13 min Stretch:  <https://youtu.be/-ljjYyAbIyA> | Stretches to relieve back pain:  <https://youtu.be/jfjX8Q_-B18>  12 min Stretch:  <https://youtu.be/EoyTf8Q7Fh4> |  |  | 1  15 min Hiit Walking Workout with 30, 20, 10 format  <https://youtu.be/mT8AtEtyoDY> | 2  20 min Dance Workout <https://youtu.be/3LpJSXiI3iA> |
|  |  |  |  |  |  |  |
| 3  15 min Walking Workout to Boost Mood <https://youtu.be/04tKECRl6e4> | 4  20 min All-in-One Dance Music Workout  <https://youtu.be/QNz9RVgRk4M> | 5  20 min Interval Training (30 low, 20 faster, 10 fast)  <https://youtu.be/kcGUHETOuPM> | 6  30 min Ultimate All-in-One  <https://youtu.be/m0fEoy7bxXw> | 7  20 min Fast Walk Cardio  <https://youtu.be/CyAlsgB8M3g> | 8  35 min No chatter Tabata All-in-One Workout  <https://youtu.be/nTTFZJnEw3c> | 9  20 min Disco Cardio  <https://youtu.be/oKD6uIe3i9c> |
|  |  |  |  |  |  |  |
| 10  1980’s Cardio Workout  <https://youtu.be/RfLW9AJZhso> | 11  32 min Walk with weights All-in-One  <https://youtu.be/zoKAN7UUTLQ> | 12  20 min Weight Loss Interval Workout  <https://youtu.be/d7r-oFTfK34> | 13  35 min All-in-One with Intervals  <https://youtu.be/GjYYXkjdpZQ> | 14  30 min Cardio Workout (20 sec segments)  <https://youtu.be/eYUx64kGXHc> | 15  30 min All-in-One DISCO  <https://youtu.be/A2o3MZvQX44> | 16   20 min Dance Workout  <https://youtu.be/-PDOpXTC3mc> |
| 17  20 min Dance Workout <https://youtu.be/3LpJSXiI3iA> | 18  30 min ‘The Secrets to Longevity’  <https://youtu.be/TRzLLRR31f0> | 19  20 min Walking Workout for Weight Loss  <https://youtu.be/KJ-aPNbOz3g> | 20  40 min Cardio  Kickboxing All-in-1  <https://youtu.be/PdOYcBCaQM0> | 21  25 min Cardio Drumming with two wooden spoons  <https://youtu.be/3B1b7dW2EbI> | 22  20 min Cardio & Strength  <https://youtu.be/94Vy_wSkqtQ> | 23  30 min Full Body Walk with Weights  <https://youtu.be/zoKAN7UUTLQ> |
|  |  |  |  |  |  |  |
| 24  25 min Fun & Saxy Workout  <https://youtu.be/AzhCzMF4W_0> | 25  30 min All-in-One Cardio  <https://youtu.be/JZeY8Ux6IYY> | 26  25 min Walking Hiit  <https://youtu.be/lA2rbZr7OWk> | 27  45 min All-in-One (3 min balance, 10 min strength, 15 min cardio, stretch)  <https://youtu.be/JmPDiD4ekvs> | 28  25 min Kickboxing  <https://youtu.be/7J75n3yQFB0> | 29  28 min All-in-One  <https://youtu.be/JZeY8Ux6IYY> | 30  30 min Cardio and Strength (45 sec exercise, 15 sec rest)  <https://youtu.be/MvgTAzg_UcM> |
|  |  |  |  |  |  |  |