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

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| 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> |  |  | 115 min Hiit Walking Workout with 30, 20, 10 format<https://youtu.be/mT8AtEtyoDY> | 220 min Dance Workout <https://youtu.be/3LpJSXiI3iA> |
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| 315 min Walking Workout to Boost Mood <https://youtu.be/04tKECRl6e4> | 420 min All-in-One Dance Music Workout<https://youtu.be/QNz9RVgRk4M> | 520 min Interval Training (30 low, 20 faster, 10 fast) <https://youtu.be/kcGUHETOuPM> | 630 min Ultimate All-in-One<https://youtu.be/m0fEoy7bxXw> | 720 min Fast Walk Cardio<https://youtu.be/CyAlsgB8M3g> | 835 min No chatter Tabata All-in-One Workout<https://youtu.be/nTTFZJnEw3c> | 920 min Disco Cardio<https://youtu.be/oKD6uIe3i9c> |
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| 101980’s Cardio Workout<https://youtu.be/RfLW9AJZhso> | 1132 min Walk with weights All-in-One<https://youtu.be/zoKAN7UUTLQ> | 1220 min Weight Loss Interval Workout <https://youtu.be/d7r-oFTfK34> | 1335 min All-in-One with Intervals<https://youtu.be/GjYYXkjdpZQ> | 1430 min Cardio Workout (20 sec segments) <https://youtu.be/eYUx64kGXHc> | 1530 min All-in-One DISCO<https://youtu.be/A2o3MZvQX44> | 16 20 min Dance Workout<https://youtu.be/-PDOpXTC3mc> |
| 1720 min Dance Workout <https://youtu.be/3LpJSXiI3iA> | 1830 min ‘The Secrets to Longevity’<https://youtu.be/TRzLLRR31f0> | 1920 min Walking Workout for Weight Loss <https://youtu.be/KJ-aPNbOz3g> | 2040 min CardioKickboxing All-in-1<https://youtu.be/PdOYcBCaQM0> | 2125 min Cardio Drumming with two wooden spoons<https://youtu.be/3B1b7dW2EbI> | 2220 min Cardio & Strength<https://youtu.be/94Vy_wSkqtQ> | 2330 min Full Body Walk with Weights<https://youtu.be/zoKAN7UUTLQ> |
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| 2425 min Fun & Saxy Workout<https://youtu.be/AzhCzMF4W_0> | 2530 min All-in-One Cardio<https://youtu.be/JZeY8Ux6IYY> | 2625 min Walking Hiit<https://youtu.be/lA2rbZr7OWk> | 2745 min All-in-One (3 min balance, 10 min strength, 15 min cardio, stretch)<https://youtu.be/JmPDiD4ekvs> | 2825 min Kickboxing<https://youtu.be/7J75n3yQFB0> | 2928 min All-in-One<https://youtu.be/JZeY8Ux6IYY> | 3030 min Cardio and Strength (45 sec exercise, 15 sec rest)<https://youtu.be/MvgTAzg_UcM> |
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