

FEBRUARY 2023 WORKOUT CALENDAR

IMPROVED HEALTH – GENTLE STANDING WITH SEATED OPTIONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gentle Walk 15 minutes	2 Gentle Walk 10 minutes	3 All-in-one 1377 steps 31 minutes	4 Beginner Walk 1502 steps 15 minutes
5 Recovery walk 10 minutes + optional: Seated stretch/ breathing/thankfulness 17-27 minutes	6 All-in-one 1307 steps 29 minutes	7 Beginner Strength 17 minutes	8 Walking, no equipment: Arms 1798 steps 15 minutes	9 All-in-one 31 minutes	10 Strength Intro #1 17 minutes	11 Gentle Walk 1116 steps 10 minutes + optional: Seated Full Body Stretch 20 minutes
12 Low Impact Walk 1200 steps 15 minutes	13 Strength and Balance 13 minutes + optional: Seated Range of Motion 20 minutes	14 Walk/Stretch/ Mindfulness 20 minutes	15 All-in-one 29 minutes	16 Gentle Walking 1300 steps 10 minutes	17 Strength Intro #2 17 minutes	18 Gentle Exercise 15 minutes
19 Gentle No Equipment 15 minutes	20 Absolute Beginner Tabata + Stretch 26 minutes	21 Gentle Interval 15 minutes + optional: Gentle Seated 15 minutes	22 Strength & Balance 17 minutes	23 Gentle Walk 20 minutes	24 Cardio & Strengthening No Equipment 16 minutes	25 All-in-one 25 minutes
26 Balance - fall prevention 18 minutes	27 All-in-one 25 minutes	28 Gentle Walk 10 minutes + optional: Seated Stretching 20 minutes				