

IMPROVED HEALTH **SEPTEMBER** WORKOUT CALENDAR

BEGINNER LEVEL WORKOUTS (add on more workouts to suit YOU)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Anytime you need motivation... 10 min Gentle Motivational Walk https://youtu.be/Rno9I77zWi4	STRETCHES to add on anytime: 20 min Stretch & Mindfulness: https://youtu.be/fUb8qRAN_ws	1 30 min Soca Dance Workout, 20/10 https://youtu.be/oB3Fpkz2zS4	2 40 min All-in-One https://youtu.be/E0FpF0J0tg8 If time allows, add on 10 min Strength: https://youtu.be/SEdIBwZQbHw	3 21 min Japanese Walking Method https://youtu.be/R6lfFrt7g0s 10 min Standing Abs https://youtu.be/GRhRwzr5jkh	4 30 min All-in-One https://youtu.be/i96SEOqvAiU If time allows, add on 12 min Strength & Balance https://youtu.be/8EUChsWJjhU	5 20 min Country Cardio; 20/10 https://youtu.be/Sv26jHbj9mc
6 10 min Music from the 50's, 60's, 70's https://youtu.be/pOGQlatXS5E 20 min Cardio https://youtu.be/y_xKgfYHkX4	7 35 min Cardio & Strength https://youtu.be/_ju90x3W_jg 15 min Walk; 30 sec moves https://youtu.be/H4R1xvcP94E	8 20 min Low Impact Walk https://youtu.be/mw3Zos6c_gU 15 min Lower Blood Sugars https://youtu.be/6YKGcF6j0Zk	9 20 min All-in-One https://youtu.be/9Aouu7WQVOY 15 min Legs, Hips & Glutes https://youtu.be/d8X8ZIYDIUQ	10 20 min Brain & Body Workout https://youtu.be/YUX-AUyUxE 10 min Balance Training https://youtu.be/1AaAWRvKj1k	11 45 min All-in-One (includes intervals) https://youtu.be/aRzYRWKmQ74	12 30 min Cardio https://youtu.be/kHx-PyUWF5w
13 20 min Motivating Cardio https://youtu.be/Zgqxh3S80gBQ 10 min Dynamic Stretch https://youtu.be/iSYzl7Fh65w	14 45 min All-in-One https://youtu.be/h0zl3GG80QQ	15 20 min Hiit https://youtu.be/bmYc5GME4IA 7 min Balance https://youtu.be/eL2-lj8nSR4	16 15 min Lower your Blood Sugar https://youtu.be/LQKFpP_iHNM 15 or 30 min Strength https://youtu.be/dA0XAAEF68o	17 21 min Japanese Intervals (3 min) https://youtu.be/R6lfFrt7g0s 7 min Balance https://youtu.be/eL2-lj8nSR4	18 15 min Walk https://youtu.be/H4R1xvcP94E 25 min 20 Strength Exercises https://youtu.be/rtaq1tRjnhA	19 15 min Lower your Blood Sugar https://youtu.be/6YKGcF6j0Zk 15 min Evening Walk https://youtu.be/lnUbb24xDjA
20 30 min Walk (optional weights) https://youtu.be/W6pcARsXI6E	21 20 min Cardio & Strength https://youtu.be/2ql3RwOZfsY 11 min Walk with Weights https://youtu.be/14lbwFjSKtc	22 15 min Walk https://youtu.be/PqLEST2TWss 15 min Cardio https://youtu.be/wT4sqZYiaIM	23 20 min All-in-One https://youtu.be/9Aouu7WQVOY 10 min Standing Abs https://youtu.be/GRhRwzr5jkh	24 30 min Soca Dance Workout, 20/10 https://youtu.be/oB3Fpkz2zS4 10 min Balance Training https://youtu.be/1AaAWRvKj1k	25 45 min All-in-One (includes intervals) https://youtu.be/aRzYRWKmQ74	26 20 min Hiit Workout https://youtu.be/bmYc5GME4IA 12 min Stretch: https://youtu.be/EoyTf8Q7Fh4

27 20 min 1970's Music Workout https://youtu.be/xqAT8qQB4g	28 20 min All-in-One https://youtu.be/2ql3RwOZfsY 15 min Strength Exercises (chair for support) https://youtu.be/-mezmalW4mk	29 20 min Low Impact Beginner https://youtu.be/y_xKgfYHkX4 10 min Standing Abs https://youtu.be/GRhRwzr5jnhk	30 15 min Beginner Walking Workout with weights https://youtu.be/_d egtl8GtE 15 or 30 min Strength https://youtu.be/dA0XA AEF68o			
---	--	--	---	--	--	--