

FEBRUARY 2023 WORKOUT CALENDAR

IMPROVED HEALTH – BEGINNER

| Sunday * | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|---|
| | | | 1 1950's Juke Box Dance 23 minutes | 2 5 minute Warm Up Beginner Strength & Toning 25 minutes | 3 Walking w/light weights 33 minutes | 4 Low Impact Cardio & Stretch 20 minutes |
| 5 Walking with Arm Challenge 15 minutes | 6 Strength for Stronger Bones 29 minutes | 7 Seated Cardio, Strength, Stretch w/weights 30 minutes | 8 All-in-one 2115 steps 31 minutes | 9 1970's Dance Workout 21 minutes | 10 Strength - Seated & Standing 30 minutes | 11 All-in-one Strength & Balance 30 minutes |
| 12 Gentle Walk 10 minutes | 13 5 minute Warm Up Strength - Seated & Standing 29 minutes | 14 Seated w/optional weights 29 minutes | 15 All-in-one 25 minutes | 16 Strength & Balance 29 minutes | 17 Seated Full Body 25 minutes | 18 Full Body 27 minutes |
| 19 Walk 1200 steps 10 minutes | 20 Strength - Seated or Standing 32 minutes | 21 Seated Heart Healthy 32 minutes | 22 Full Body 26 minutes | 23 Strength 21 minutes | 24 Full Body All-in-one 25 minutes | 25 Beginner Tabata 28 minutes |
| 26 Gentle Walk 20 minutes | 27 Strength-Legs, Shoulders, Triceps 21 minutes | 28 Seated Disco Music 30 minutes | | | | |

*Add a workout of your choice, a walk outside, or a stroll around the mall if you want more minutes