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| IMPROVED HEALTH MARCH WORKOUT CALENDAR |
| BEGINNER LEVEL WORKOUTS (add on more workouts to suit YOU) |

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| 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> | 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> | Stack workouts to get the amount of exercise you want (aim for 30 min). | 1  15 min Healthy Walk  <https://youtu.be/sA645DcU2YA> | 2  15 min Beginner Walking Workout with hand weights  <https://youtu.be/_d_egtI8GtE> |
|  |  |  |  |  |  |  |
| 3  10 min Music from the 50’s, 60’s, 70’s <https://youtu.be/pOGQlatXS5E> | 4  30 min LISS workout  <https://youtu.be/4hgdCe96mc0> | 5  35 min Cardio and Strength (with instruction)  <https://youtu.be/_ju90x3W_jg> | 6  20 min Beginner Hiit  <https://youtu.be/YGw0eJzLad4> | 7  15 min Legs, Hips & Glutes  <https://youtu.be/d8X8ZlYDlUQ> | 8  20 min Low Impact Beginner  <https://youtu.be/y_xKgfYHkX4> | 9  10 min Senior-Friendly Cardio  <https://youtu.be/Ed2adYuqwMI> |
| 10 | 11 |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 10 min Classic Rock Workout  <https://youtu.be/-xA6_G33zr8> | 20 min Hiit Workout <https://youtu.be/bmYc5GME4IA> | 40 min All-in-One  <https://youtu.be/piQfWroJYok> | 15 min Lower your Blood Sugar <https://youtu.be/6YKGcF6j0Zk> | 15 min Strength Exercises (chair for support)  <https://youtu.be/-mezmalW4mk> | 15 min Evening Workout  <https://youtu.be/lnUbb24xDjA> | 11 min Walk with weights  <https://youtu.be/14IbwFjSKtc> |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 10 min Happy Walk for Beginners  <https://youtu.be/VDcb-srSdlo> | 20 min Beginner Hiit <https://youtu.be/YGw0eJzLad4> | 20 min Functional Fitness (talking)  <https://youtu.be/vfqZBkernzg> | 30 min LISS workout  <https://youtu.be/4hgdCe96mc0> | 15 min Barre (strength/balance)  <https://youtu.be/lWLWVb_Y7HI> | 20 min Hiit Workout <https://youtu.be/bmYc5GME4IA> | 15 min Walking Workout  <https://youtu.be/H4R1xvcP94E> |
| 24  20 min 1970’s Music Workout  <https://youtu.be/xqA_T8qQB4g> | 25  15 min Lower your Blood Sugar with Walking  <https://youtu.be/LQKFpP_iHNM> | 26  15 min Strength Exercises (chair for support)  <https://youtu.be/-mezmalW4mk> | 27  15 min Beginner Walking Workout with hand weights  <https://youtu.be/_d_egtI8GtE> | 28  20 min Functional Fitness (talking)  <https://youtu.be/vfqZBkernzg> | 29  20 min Low Impact Beginner  <https://youtu.be/y_xKgfYHkX4> | 30  15 min Evening Workout  <https://youtu.be/lnUbb24xDjA> |
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