

IMPROVED HEALTH **NOVEMBER** WORKOUT CALENDAR

INTERMEDIATE LEVEL **CARDIO & STRENGTH** WORKOUTS FOR IMPROVED HEALTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add an extra stretching routine in at least 2-3x a week.						1 20 min Re-ignite Weight Loss Intervals https://youtu.be/5cN1mdO9hU4
2 25 min Sweaty Cardio; 20 sec moves https://youtu.be/tHqOik5xsY	3 NEW UPLOAD or 30 min All-in-One https://youtu.be/TRzLLRR31f0 5 min Legs and Glutes https://youtu.be/OL4H68DKZuM	4 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4	5 40 min Menopause Workout (good for all ages!) https://youtu.be/Gew8bclest4	6 20 min Fast Walk with 15 sec seg. https://youtu.be/CyAlsG8M3g 20 min Cardio (30 sec) https://youtu.be/KZ7C8vaue0U	7 20 min Dynamic Cardio & Strength https://youtu.be/KZ7C8vaue0U 10 min Full Body Strength (1-2 rounds) https://youtu.be/23f1786Fotw	8 20 min Walk https://youtu.be/xRBsSPx6Q9w 10 min Dance Party https://youtu.be/MNYiynDHGJ4
9 30 min Waist Slimming Cardio https://youtu.be/yUmNojSXlVA	10 50 min All-in-One https://youtu.be/tSArkZtTRqQ	11 4000 Steps https://youtu.be/rev3WYnbkR4	12 30 min All-in-One https://youtu.be/m0fEoy7bxXw 10 min Flatter Belly https://youtu.be/cfROwfwCYsQ	13 20 min Cardio & Strength (Part 1) https://youtu.be/ZjG9xPBqwkI 20 min Latin Beats https://youtu.be/tyguuqOLzGk	14 20 min Cardio & Strength (Part 2) https://youtu.be/k1MV7Voa5X4 12 min Energy Boost https://youtu.be/23f1786Fotw	15 30 min Cardio (20 sec moves) https://youtu.be/eYUx64kGXHc
16 20 min Fast Walk https://youtu.be/OZYDSQ0Ah_o	17 28 min All-in-One https://youtu.be/JZeY8Ux6lYY 10 min Flatter Belly https://youtu.be/cfROwfwCYsQ	18 45 min 5000 Steps https://youtu.be/xq3HSC1N68Y	19 30 min Full Body All-in-One https://youtu.be/ju4kV9Ba9k4	20 30 min Power Walk with intervals https://youtu.be/94XDPrxvckE	21 45 min All-in-One https://youtu.be/JmPDID4ekvs	22 25 min 3000 Steps https://youtu.be/f4kDSrBnayY
23 20 min Cardio Kickboxing https://youtu.be/Me171bQoPMc	24 30 min All-in-One https://youtu.be/m0fEoy7bxXw 5 min Legs & Glutes https://youtu.be/OL4H68DKZuM	25 40 min 4800 Steps https://youtu.be/tGrVHoo2jHo	26 15 min Plyo Workout https://youtu.be/JFjvjeY5-U 10 min Full Body Strength (1-2 rounds) https://youtu.be/23f1786Fotw	27 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4 7 min Balance https://youtu.be/eL2-lj8nSR4	28 20 min 2500 Steps https://youtu.be/xRBsSPx6Q9w 15 min Full Body Strength https://youtu.be/O9PTFZcRA60	29 25 min Walking HIIT https://youtu.be/lA2rbZr7OWk 10 min Flatter Belly Walk https://youtu.be/cfROwfwCYsQ

30 30 min Post Holiday Workout https://youtu.be/sw5-hGu-fvE						
---	--	--	--	--	--	--