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| IMPROVED HEALTH STRENGTH WORKOUTS |
| CHALLENGING (6th level of strength workouts) 2 DAY PROGRAM  (only do these if you have experience with strength training) |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  |
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|  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  |
|  |  |  |  |  |  |  |
|  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  |
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|  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  | Upper Body:  <https://youtu.be/x1MsCE3OBNc> | Lower Body:  <https://youtu.be/y9411UdVuqY> |  |
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**TIPS:**

* Ideally, add a cardio workout onto the strength workout. You can do cardio before or after strength workouts. It’s a personal choice on what works best for you.
* Use a weight that is challenging while ensuring your form is correct (work out in front of a mirror while you are learning new exercises).
* You don’t necessarily have to do these Mon/Tues and Thur/Fri. You can choose to do them on the weekend days or whatever combination of days works for you. For example, you can choose Sun/Mon and Wed/Thurs, etc