

IMPROVED HEALTH **JUNE** WORKOUT CALENDAR

INTERMEDIATE LEVEL WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 20 min Dance Workout https://youtu.be/Qd7bk1O92Tc	2 NEW UPLOAD on YT (25 min Hiit) + 10 min Summer Arms https://youtu.be/a1r5yMtV8HY	3 30 min Cardio, 20 sec moves, 3443 steps https://youtu.be/eYUx64kGXHc 7 min Balance https://youtu.be/eL2-lj8nSR4	4 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw 10 min Strength over 50 https://youtu.be/IYhNf8_9BzU	5 20 min Weight Loss Interval Workout https://youtu.be/d7r-oFTfk34 1 Mile Brisk Walk https://youtu.be/8l76TFbW6bs	6 30 min Secrets to Longevity All-in-One https://youtu.be/TRzLLRR31f0 10 min Defined Legs https://youtu.be/ej2vr0Irxno	7 30 min Waist Slimming Cardio https://youtu.be/yUmNqjSXlva
8 30 min Power Walk with Intervals https://youtu.be/94XDPrxvckE	9 40 min Cardio Kickboxing All-in-One https://youtu.be/PdOYcBCaQM0	10 40 min 4800 Steps https://youtu.be/tGrVHoo2jHo	11 45 min All-in-One (3 rounds) https://youtu.be/JmPDID4ekvs	12 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4	13 30 min Metabolism Boost All-in-One https://youtu.be/e5EjTrB0rwo 10 min Strength https://youtu.be/SEdIBwZQbHw	14 10000 Steps https://youtu.be/daUzX1-D5gk OR 30 min Walk for Weight Loss Cardio https://youtu.be/fYcWvToUsm4
15 20 min Walk https://youtu.be/KJ-aPNbOz3g 15 min Energy Boost https://youtu.be/30cRgUWhauc	16 20 min Dynamic Cardio & Strength https://youtu.be/94VywSkqtQ 10 min Dance Party https://youtu.be/MNYiynDHGJ4	17 45 min 5000 Steps https://youtu.be/xq3HSC1N68Y	18 30 min Cardio & Lower Body (Day 1) https://youtu.be/ZjG9xPBqwKI	19 30 min Cardio & Upper Body (Day 2) https://youtu.be/k1MV7Voa5X4	20 20 min Fast Walk https://youtu.be/CyAlsQB8M3g 15 min Hiit (30/20/10 format) https://youtu.be/mT8AtEtyoDY	21 20 min 2500 Steps https://youtu.be/xRBsSPx6Q9w 10 min Walk with Weights https://youtu.be/PblerrEus_c
22 15 min Energy Boost https://youtu.be/30cRgUWhauc 15 min Walk to Boost Mood https://youtu.be/04tKECRL6e4	23 25 min 3000 Steps Workout https://youtu.be/f4kDSrBnayY 10 min Flatter Belly https://youtu.be/gLnTHrU2VWA	24 25 min Sweaty Cardio https://youtu.be/tHqOik5xsY 15 min Strength https://youtu.be/O9PTFZcRA60	25 30 min Intervals, 130 BPM https://youtu.be/sw5-hGu-fvE	26 20 min Tabata https://youtu.be/IpG3cYRf_i0 10 min Strength over 50 https://youtu.be/IYhNf8_9BzU	27 40 min Cardio, 4575 steps https://youtu.be/AaMvI9SPEu8	28 20 min Fast Walk with intervals https://youtu.be/OZYDSQ0Ah_o

29 30 min 4000 Steps https://youtu.be/rev3WYnbkR4	30 32 min Walk with weights All-in-One https://youtu.be/zoKAN7UUTLQ 10 min Defined Legs https://youtu.be/ej2vrOirxno	STRETCHES to add on anytime: 20 min Stretch & Mindfulness: https://youtu.be/fUb8qRAN_ws				
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