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| IMPROVED HEALTH STRENGTH WORKOUTS |
| FOR BEGINNERS (2nd level of strength workouts) |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | Strength  Weeks 1 & 2  <https://youtu.be/OJ1Dbv6YriQ> |  | Strength  Weeks 1 & 2  <https://youtu.be/OJ1Dbv6YriQ> |  | Strength  Weeks 1 & 2  <https://youtu.be/OJ1Dbv6YriQ> |  |
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|  | Strength  Weeks 3 & 4  <https://youtu.be/jKrIs1FO0sI> |  | Strength  Weeks 3 & 4  <https://youtu.be/jKrIs1FO0sI> |  | Strength  Weeks 3 & 4  <https://youtu.be/jKrIs1FO0sI> |  |
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**TIPS:**

* Aim to strength train with a full-body strength workout 2-3 times a week for the most benefits.
* 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 M, W, F. You can choose Sun, Tues, Thurs or whatever combination of days works for you. Ideally, allow the muscles a day off strength training between strength workouts (it gives your muscles time to recover).