|  |
| --- |
| IMPROVED HEALTH APRIL WORKOUT CALENDAR |
| INTERMEDIATE LEVEL WORKOUTS (add on more workouts to suit YOU) |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Sunday | | Monday | Tuesday | | Wednesday | | Thursday | | Friday | Saturday |
| Anytime you need motivation…  10 min Gentle Motivational Walk  <https://youtu.be/Rno9I77zWi4> | | 1  The new upload on the channel (Bruce  Springsteen!)  + Walk with Weights  <https://youtu.be/14IbwFjSKtc> | 2  30 min LISS  <https://youtu.be/4hgdCe96mc0> | | 3  10 min Senior-friendly Cardio  <https://youtu.be/Ed2adYuqwMI>  10 min Strength  <https://youtu.be/SEdIBwZQbHw> | | 4  20 min Tabata  (absolute beginner)  <https://youtu.be/QqoDbTt51R8> | | 5  40 min all-in-one  <https://youtu.be/piQfWroJYok> | 6  20 min Low Impact  Cardio  <https://youtu.be/y_xKgfYHkX4> |
|  | |  |  | |  | |  | |  |  |
| 7  15 min Walk  <https://youtu.be/H4R1xvcP94E>  15 min Evening Walk  <https://youtu.be/lnUbb24xDjA> | | 8  35 min Cardio and Strength (with instruction)  <https://youtu.be/_ju90x3W_jg> | 9  15 min Lower blood sugar walk  <https://youtu.be/LQKFpP_iHNM>  10 min Standing Abs  <https://youtu.be/Uz2Btnnc9Aw> | | 10  15 min Walk  <https://youtu.be/H4R1xvcP94E>  15 min Barre (strength/balance)  <https://youtu.be/lWLWVb_Y7HI> | | 11  20 min Beginner Hiit  <https://youtu.be/YGw0eJzLad4> | | 12  10 min Happy Walk  <https://youtu.be/VDcb-srSdlo>  20 min Functional  Fitness  <https://youtu.be/vfqZBkernzg> | 13  20 min 1970’s Walk  <https://youtu.be/xqA_T8qQB4g> |
| 10 | | 11 |  | |  | |  | |  |  |
| 14  20 min Low impact  <https://youtu.be/y_xKgfYHkX4>  10 min Senior-friendly Cardio  <https://youtu.be/Ed2adYuqwMI> | | 15  40 min all-in-one  <https://youtu.be/piQfWroJYok> | 16  20 min Hiit all standing  <https://youtu.be/bmYc5GME4IA> | | 17  10 min Senior-friendly Cardio  <https://youtu.be/Ed2adYuqwMI>  15 min Legs,hips  <https://youtu.be/d8X8ZlYDlUQ> | | 18  20 min Cardio  (talking)  <https://youtu.be/HP_P-A3crw4>  10 min Happy Walk  <https://youtu.be/VDcb-srSdlo> | | 19  15 min Healthy Walk  <https://youtu.be/sA645DcU2YA>  Walking with weights  <https://youtu.be/_d_egtI8GtE> | 20  20 min 1950’s (talking)  <https://youtu.be/7fF4WqPkuO8>  10 min Strength  <https://youtu.be/SEdIBwZQbHw> |
|  | |  |  | |  | |  | |  |  |
| 21  10 min Music from the 50’s, 60’s, 70’s <https://youtu.be/pOGQlatXS5E>  15 min Walking  <https://youtu.be/H4R1xvcP94E> | | 22  10 min Senior-friendly Cardio  <https://youtu.be/Ed2adYuqwMI>  15 min Strength  (chair for support)  <https://youtu.be/-mezmalW4mk> | 23  20 min Hiit  <https://youtu.be/YGw0eJzLad4> | | 24  20 min all-in-one  <https://youtu.be/9Aouu7WQVOY> | | 25  20 min Low impact  <https://youtu.be/y_xKgfYHkX4>  15 min Walk  <https://youtu.be/H4R1xvcP94E> | | 26  35 min Cardio and Strength (with instruction)  <https://youtu.be/_ju90x3W_jg> | 27  22 min Tabata  (4 rounds)  <https://youtu.be/CJ4qkE23k4w> |
|  | |  |  |  | |  | |  | |
| 28  25 min ABBA  <https://youtu.be/nPLXCsLsQPE> | 29  20 min all-in-one  <https://youtu.be/9Aouu7WQVOY> | | 30  20 min Beginner Hiit  <https://youtu.be/YGw0eJzLad4> | |  | |  | |  |
|  | |  |  | |  | |  | |  |  |