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

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| Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Anytime you need motivation…10 min Gentle Motivational Walk<https://youtu.be/Rno9I77zWi4> | 1The new upload on the channel (BruceSpringsteen!)+ Walk with Weights<https://youtu.be/14IbwFjSKtc> | 230 min LISS<https://youtu.be/4hgdCe96mc0> | 310 min Senior-friendly Cardio<https://youtu.be/Ed2adYuqwMI>10 min Strength<https://youtu.be/SEdIBwZQbHw> | 420 min Tabata(absolute beginner)<https://youtu.be/QqoDbTt51R8> | 540 min all-in-one<https://youtu.be/piQfWroJYok> | 620 min Low ImpactCardio<https://youtu.be/y_xKgfYHkX4> |
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| 715 min Walk<https://youtu.be/H4R1xvcP94E>15 min Evening Walk<https://youtu.be/lnUbb24xDjA> | 835 min Cardio and Strength (with instruction)<https://youtu.be/_ju90x3W_jg> | 915 min Lower blood sugar walk<https://youtu.be/LQKFpP_iHNM>10 min Standing Abs<https://youtu.be/Uz2Btnnc9Aw> | 1015 min Walk<https://youtu.be/H4R1xvcP94E>15 min Barre (strength/balance)<https://youtu.be/lWLWVb_Y7HI> | 1120 min Beginner Hiit<https://youtu.be/YGw0eJzLad4> | 1210 min Happy Walk<https://youtu.be/VDcb-srSdlo>20 min FunctionalFitness<https://youtu.be/vfqZBkernzg> | 1320 min 1970’s Walk<https://youtu.be/xqA_T8qQB4g> |
| 10 | 11 |  |  |  |  |  |
| 1420 min Low impact<https://youtu.be/y_xKgfYHkX4>10 min Senior-friendly Cardio<https://youtu.be/Ed2adYuqwMI> | 1540 min all-in-one<https://youtu.be/piQfWroJYok> | 1620 min Hiit all standing<https://youtu.be/bmYc5GME4IA> | 1710 min Senior-friendly Cardio<https://youtu.be/Ed2adYuqwMI>15 min Legs,hips<https://youtu.be/d8X8ZlYDlUQ> | 1820 min Cardio(talking)<https://youtu.be/HP_P-A3crw4>10 min Happy Walk<https://youtu.be/VDcb-srSdlo> | 1915 min Healthy Walk<https://youtu.be/sA645DcU2YA>Walking with weights<https://youtu.be/_d_egtI8GtE> | 2020 min 1950’s (talking)<https://youtu.be/7fF4WqPkuO8>10 min Strength<https://youtu.be/SEdIBwZQbHw> |
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| 2110 min Music from the 50’s, 60’s, 70’s <https://youtu.be/pOGQlatXS5E>15 min Walking<https://youtu.be/H4R1xvcP94E> | 2210 min Senior-friendly Cardio<https://youtu.be/Ed2adYuqwMI>15 min Strength(chair for support)<https://youtu.be/-mezmalW4mk> | 2320 min Hiit<https://youtu.be/YGw0eJzLad4> | 2420 min all-in-one<https://youtu.be/9Aouu7WQVOY> | 2520 min Low impact<https://youtu.be/y_xKgfYHkX4>15 min Walk<https://youtu.be/H4R1xvcP94E> | 2635 min Cardio and Strength (with instruction)<https://youtu.be/_ju90x3W_jg> | 2722 min Tabata(4 rounds)<https://youtu.be/CJ4qkE23k4w> |
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| 2825 min ABBA<https://youtu.be/nPLXCsLsQPE> | 2920 min all-in-one<https://youtu.be/9Aouu7WQVOY> | 3020 min Beginner Hiit<https://youtu.be/YGw0eJzLad4> |  |  |  |
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