

IMPROVED HEALTH **MAY** WORKOUT CALENDAR

BEGINNER LEVEL **CARDIO** & **STRENGTH** WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add stretching videos in when time allows. 10 min Morning Standing Stretch https://youtu.be/iSYz17Fh65w				1 20 min Motivating Workout https://youtu.be/Zgxxh3S80gBQ 7 min Balance https://youtu.be/eL2-lj8nSR4	2 40 min All-in-One https://youtu.be/piQfWroJYok	3 15 min Lower Blood Sugars https://youtu.be/6YKgcF6j0Zk 15 min Evening Workout https://youtu.be/lnUbb24xDjA
4 15 min Walk https://youtu.be/H4R1xvcP94E 15 min Healthy Walk https://youtu.be/sA645DcU2YA	5 40 min All-in-One, 123-124 bpm https://youtu.be/E0FpF0J0tg8	6 20 min HIIT https://youtu.be/YGw0eJzLad4 10 min Bruce Springsteen https://youtu.be/bqqwmCEPrjw	7 20 min All-in-One https://youtu.be/9Aouu7WQVOY 12 min Strength & Balance https://youtu.be/8EUChsWJjhU	8 20 min Low Impact https://youtu.be/y_xKqfYHkX4 10 min Standing Abs https://youtu.be/Uz2Btnc9Aw	9 30 min Walk with Weights All-in-One https://youtu.be/uWVlNJGuwQ8	10 10 min Fit Over 50 https://youtu.be/tpFkB AQYkAo 15 min Walk https://youtu.be/LQKFpP_iHNM
11 10 min Tina Turner https://youtu.be/YqOalMGYx1c 10 min Senior-Friendly https://youtu.be/Ed2adYuqwmI	12 15 min Senior Friendly https://youtu.be/izUh4Y4rQNO 15 min Strength Barre https://youtu.be/IWLWVb_Y7HI	13 20 min HIIT https://youtu.be/bmYc5GME4IA 10 min Standing Abs https://youtu.be/GRhRwzr5jkh	14 20 min Low Impact https://youtu.be/4BZ1t_aKCT8 10 min Strength https://youtu.be/SEdIBwZQbHw	15 22 min Tabata (4 rounds) https://youtu.be/CJ4qkE23k4w	16 15 min Lower Blood Sugars https://youtu.be/6YKgcF6j0Zk 11 min Walk with Weights https://youtu.be/14lbwFjSKtc	17 20 min Low Impact (talking) https://youtu.be/HP_P-A3crw4
18 25 min Abba https://youtu.be/nPLXCsLsQPE	19 20 min Cardio (Plyometrics) https://youtu.be/JFjviehY5-U 15 min Walk with Weights https://youtu.be/_d_egtI8GtE	20 30 min LISS https://youtu.be/4hgdCe96mc0	21 1980's Cardio/Strength https://youtu.be/RfLW9AJZhso	22 20 min HIIT https://youtu.be/YGw0eJzLad4 7 min Balance https://youtu.be/eL2-lj8nSR4	23 20 min Cardio & Strength https://youtu.be/2ql3RwOZfsY 5 min Arms & Balance https://youtu.be/Btj6gnkDZxl	24 15 min 1970 Disco https://youtu.be/RCPQfkWGTN8 15 min Evening Workout https://youtu.be/lnUbb24xDjA
25 10 min Fit Over 50 https://youtu.be/tpFkB AQYkAo 15 min Walk https://youtu.be/LQKFpP_iHNM	26 35 min All-in-One https://youtu.be/_ju90x3W_ig	27 20 min Tabata (2 rounds) https://youtu.be/QqoDbTt51R8	28 30 min Walk with Weights All-in-One https://youtu.be/uWVlNJGuwQ8	29 20 min HIIT https://youtu.be/bmYc5GME4IA 7 min Balance https://youtu.be/eL2-lj8nSR4	30 40 min All-in-One, 123-124 bpm https://youtu.be/E0FpF0J0tg8	31 30 min LISS https://youtu.be/4hgdCe96mc0