

IMPROVED HEALTH **STRENGTH** WORKOUTS

FOR BEGINNERS (4th level of strength workouts) 25 DAY PROGRAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Day 1: https://youtu.be/BLBTU18pAY0	Day 2: https://youtu.be/QJjkGkEkXuU	Day 3: https://youtu.be/jh_hJfmlzdc	Day 4: https://youtu.be/nqQlhfoiAEI	Day 5: https://youtu.be/D1uiwYhQV-4	
	Day 6: https://youtu.be/pZ5UptYKbek	Day 7: https://youtu.be/E1Npd5TaQ58	Day 8: https://youtu.be/pzcoQUUv9-l	Day 9: https://youtu.be/hkGXlnJRY_g	Day 10: https://youtu.be/F6oT9EdOEAI	
	Day 11: https://youtu.be/0uimBijT5zk	Day 12: https://youtu.be/OZbdhy8W7hl	Day 13: https://youtu.be/OWaezPJ6Lsc	Day 14: https://youtu.be/Ucw_HxlThrw	Day 15: https://youtu.be/yELQuX1zK_k	
	Day 16: https://youtu.be/swrhlm5nvdM	Day 17: https://youtu.be/KoKgPSwcQ4s	Day 18: https://youtu.be/xEnZ2axcRal	Day 19: https://youtu.be/VxUwbfP6Jr0	Day 20: https://youtu.be/eyYXki--qec	
	Day 21: https://youtu.be/xp0LupLpaA	Day 22: https://youtu.be/RgmmYFFr8FY	Day 23: https://youtu.be/mX7vv-EvaDQ	Day 24: https://youtu.be/12j-fRIAbzY	Day 25: https://youtu.be/ue-Vx3cG1BU	

TIPS:

- 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- F. You can choose to do them on the weekend days or whatever combination of days works for you.