

IMPROVED HEALTH **SEPTEMBER** WORKOUT CALENDAR

INTERMEDIATE LEVEL WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STRETCHES to add on anytime: 20 min Stretch & Mindfulness: https://youtu.be/fUb8qRAN_ws		1 30 min 4000 Steps https://youtu.be/rev3WYnbkR4	2 20 min Latin Music Workout https://youtu.be/9kMxnfWgRwU 10 min Full Body Strength (1-2 rounds) https://youtu.be/IYhNf8_9BzU	3 45 min 5000 Steps https://youtu.be/xq3HSC1N68Y	4 15 min 1 Mile Walk https://youtu.be/8I76TFbW6bs 30 min Full Body Strength https://youtu.be/zN5ZXsN9FUE	5 30 min Dance Cardio https://youtu.be/nW1slPyf_U4
6 25 min 3000 Steps Workout https://youtu.be/f4kDSrBnayY 7 min Balance https://youtu.be/eL2-lj8nSR4	7 40 min Menopause Workout (all-in-one) https://youtu.be/Gew8bclest4 Optional add-on: 12 min Strength https://youtu.be/FHNib8tLYpw	8 30 min Cardio (30 sec moves) https://youtu.be/yUmNojSXlvA	9 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw + 5 min Legs & Glutes https://youtu.be/OL4H68DKZuM	10 40 min Fast Cardio; 140 BPM https://youtu.be/ijrvrHykzIA	11 20 min Dance Workout https://youtu.be/Qd7bk1O92Tc Day 1 Upper Body https://youtu.be/x1MsCE3OBNc	12 20 min Fast Walk with 15 sec https://youtu.be/CyAlsQB8M3g Day 2 Lower Body https://youtu.be/y9411UdVuqY
13 10 min Morning Stretch https://youtu.be/iSYzl7Fh65w 25 min Fat Burning Cardio https://youtu.be/Xo2GZcfS3HY	14 30 min Cardio & Upper Body Strength https://youtu.be/k1MV7Voa5X4	15 30 min Cardio & Lower Body Strength https://youtu.be/ZjG9xPBqwKI If you want more... 7 min Legs: https://youtu.be/QkBUgWXXboc	16 40 min Japanese Intervals https://youtu.be/x2aVB0hYx8k	17 30 min Cardio https://youtu.be/MOz41fYRBvs 7 min Balance https://youtu.be/eL2-lj8nSR4	18 30 min All-in-One https://youtu.be/TRzLLRR31f0 10 min Strength https://youtu.be/SEdIBwZQbHw	19 30 min Power Intervals https://youtu.be/94XDPrxvckE
20 10 min Morning Stretch https://youtu.be/iSYzl7Fh65w 30 min Cardio Workout (20 sec segments) https://youtu.be/eYUx64kGXHc	21 20 min Walk Off the Weight https://youtu.be/KZ7C8vaue0U Day 1 Upper Body https://youtu.be/x1MsCE3OBNc	22 20 min Walking Workout for Weight Loss https://youtu.be/KJ-aPNbOz3g Day 2 Lower Body https://youtu.be/y9411UdVuqY	23 20 min Weight Loss Interval Workout https://youtu.be/d7r-oFTfK34 7 min Balance https://youtu.be/eL2-lj8nSR4	24 25 min Low Impact Cardio, 15 sec moves https://youtu.be/saL5lguTMeY 10 min Flatter Belly https://youtu.be/gLnTHrU2VWA	25 25 min Fast Power Walk https://youtu.be/F3BJR-4Ywlo 15 min Full Body Strength https://youtu.be/O9PTFZcRA60	26 30 min Country Cardio https://youtu.be/_yqz8goQA-8

27 45 min, 5000+ steps Cardio https://youtu.be/0djMDrNliol	28 15 min All-in-One Compound Moves https://youtu.be/H_zgtl2dwdY 10 min Strength https://youtu.be/SEdIBwZQbHw	29 30 min FAST Cardio with 130-150 BPM https://youtu.be/nluQOtLbu0	30 45 min All-in-One (3 min balance, 10 min strength, 15 min cardio, stretch) https://youtu.be/JmPDiD4ekvs Add on: 10 min Strength https://youtu.be/SEdIBwZQbHw			
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