

IMPROVED HEALTH **AUGUST** WORKOUT CALENDAR

INTERMEDIATE LEVEL **CARDIO & STRENGTH** WORKOUTS FOR IMPROVED HEALTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add an extra stretching routine in at least 2-3x a week.	STRETCHES to add on anytime: 20 min Stretch & Mindfulness: https://youtu.be/fUb8qRAN_ws	10 min Reduce Stiffness to add on anytime: https://youtu.be/MWG4mMtZGFo	20 min Standing Stretch as an add-on: https://youtu.be/cVYt97kLzos	30 min Seated Stretch to add on anytime: https://youtu.be/4raIW07Hef4 OR 12 min Seated Stretch by the Lake https://youtu.be/Nb0k9lu0154		1 20 min Re-ignite Weight Loss Intervals https://youtu.be/5cN1mdO9hU4
2 25 min Sweaty Cardio; 20 sec moves https://youtu.be/tHqOik5xsY	3 NEW UPLOAD and 15 min Full Body Strength https://youtu.be/O9PTFZcRA60	4 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4	5 40 min Menopause Workout (good for all ages!) https://youtu.be/Gew8bclest4	6 20 min Fast Walk with 15 sec seg. https://youtu.be/CyAls gB8M3g 10 min Standing Abs https://youtu.be/gLnTHrU2VWA	7 20 min Dynamic Cardio & Strength https://youtu.be/KZ7C8vaue0U 10 min Full Body Strength (1-2 rounds) https://youtu.be/23fi786Fotw	8 30 min Dance Cardio 30/15 format https://youtu.be/nW1sLPyf_U4
9 30 min Waist Slimming Cardio (30 sec moves) https://youtu.be/yUmNojSXlVA	10 15 min Walk https://youtu.be/30cRgUWhauc 30 min Full Body Strength https://youtu.be/wFL6cDvsUXo	11 30 min Japanese Intervals https://youtu.be/UmJXLXwn5II	12 30 min All-in-One https://youtu.be/m0fEoy7bxXw 10 min Flatter Belly https://youtu.be/cfROWfwCYsQ	13 20 min Cardio & Strength (Part 1) https://youtu.be/ZjG9xPBqwKI 20 min Latin Beats https://youtu.be/tyguuqOLzGk	14 20 min Cardio & Strength (Part 2) https://youtu.be/k1MV7Voa5X4 12 min Energy Boost https://youtu.be/23fi786Fotw	15 30 min Country Cardio https://youtu.be/_yqz8qoQA-8
16 20 min Fast Walk with Intervals https://youtu.be/OZYDSQ0Ah_o	17 28 min All-in-One https://youtu.be/JZeY8Ux6IYY 10 min Flatter Belly https://youtu.be/cfROWfwCYsQ	18 40 min Fast Cardio (140 bpm) https://youtu.be/ijrvrHykzIA	19 15 min Cardio https://youtu.be/30cRgUWhauc 30 min Full Body Strength https://youtu.be/zN5ZXsn9FUE	20 30 min Power Walk with intervals https://youtu.be/94XDPrxvckE	21 45 min All-in-One https://youtu.be/JmPDI4ekvs	22 20 min Latin Cardio https://youtu.be/9kMxnfWgRwU 20 min Walk https://youtu.be/KZ7C8vaue0U

23 20 min Cardio Kickboxing https://youtu.be/Me171bQoPMc	24 20 min Power Walk https://youtu.be/VGdlPNxqYrI 12 min Strength (1-2 rounds) https://youtu.be/FHNib8tLYpw	25 20 min Celtic Workout https://youtu.be/Ze_8Cao-JPQ 10 min Flatter Abs and Fast Walk https://youtu.be/cfROwfwCYsQ	26 15 min Plyo Workout https://youtu.be/JFjvje hY5-U 10 min Full Body Strength (1-2 rounds) https://youtu.be/23fl786Fotw	27 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4 7 min Balance https://youtu.be/eL2-lj8nSR4	28 20 min Walk with Weights https://youtu.be/yDf0ekXS_wQ 15 min Full Body Strength https://youtu.be/O9PTFZcRA60	29 25 min Walking HIIT https://youtu.be/IA2rbZr7OWk 10 min Standing Abs https://youtu.be/gLnTHrU2VWA
30 30 min Post Holiday Workout https://youtu.be/sw5-hGu-fvE	31 15 min All-in-One https://youtu.be/H_zgtI2dwdY 25 min 3 sets Strength https://youtu.be/XNEiC6Rr70M					