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

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| Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| A short 10 minute strength workout to add onto any workout:<https://youtu.be/SEdIBwZQbHw> |  |  | 130 min Power Walk with intervals<https://youtu.be/94XDPrxvckE> | 220 min Cardio & Strength<https://youtu.be/94Vy_wSkqtQ>20 min Disco Cardio<https://youtu.be/oKD6uIe3i9c> | 35000 Steps Workout<https://youtu.be/xq3HSC1N68Y> | 415 min 1 Mile Walk<https://youtu.be/zItw21j-Xr4>15 min Mood Boost<https://youtu.be/04tKECRl6e4> |
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| 525 min Cardio<https://youtu.be/saL5IguTMeY> | 630 min Ultimate All-in-One<https://youtu.be/m0fEoy7bxXw> | 730 min Post-HolidayIntervals<https://youtu.be/sw5-hGu-fvE> | 845 min All-in-One<https://youtu.be/JmPDiD4ekvs> | 930 min 4000 steps<https://youtu.be/rev3WYnbkR4> | 1050 min All-in-One<https://youtu.be/tSArkZtTRqQ> | 1130 min Waist Slimming<https://youtu.be/yUmNojSXIvA> |
| 10 | 11 |  |  |  |  |  |
| 1220 min Cardio & Legs<https://youtu.be/d8wMDoeiF1I>20 min Walk for Weight Loss<https://youtu.be/KJ-aPNbOz3g> | 1335 min All-in-One including intervals<https://youtu.be/0IdfvDkeDEk>10 min Standing Abs<https://youtu.be/gLnTHrU2VWA> | 1430 min Cardio with 20 sec segments<https://youtu.be/eYUx64kGXHc> | 1528 min All-in-One<https://youtu.be/JZeY8Ux6IYY>10 min Walk with Weights<https://youtu.be/PblerrEus_c> | 164800 Steps<https://youtu.be/tGrVHoo2jHo> | 1735 min All-in-One including intervals<https://youtu.be/GjYYXkjdpZQ> | 1830 min Full Body Walk with Weights<https://youtu.be/zoKAN7UUTLQ> |
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| 1920 min Walk <https://youtu.be/ZYSnJeXttIQ>15 min 1 Mile Walk<https://youtu.be/zItw21j-Xr4> | 2035 min Tabata<https://youtu.be/nTTFZJnEw3c> | 2130 min 3000 Steps including intervals<https://youtu.be/IwPgM6jXrBc> | 2225 min All-in-One<https://youtu.be/E8yxtdsPtB4>10 min Flatter Belly<https://youtu.be/cfROwfwCYsQ> | 2325 min Sweaty Cardio<https://youtu.be/tHqOi-k5xsY> | 2420 min Cardio & Strength<https://youtu.be/94Vy_wSkqtQ>15 min Energy Boost<https://youtu.be/30cRgUWhauc> | 2520 min Hiit<https://youtu.be/k-P6GixYCrk> |
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| 2620 min Fast WalkCardio<https://youtu.be/CyAlsgB8M3g> | 2720 min Cardio and Strength Part 1<https://youtu.be/ZjG9xPBqwKI>12 Minute Cardio<https://youtu.be/23fl786Fotw> | 2820 min Cardio and Strength Part 2<https://youtu.be/k1MV7Voa5X4> | 2920 min Walking HIIT<https://youtu.be/lA2rbZr7OWk>15 min 1 Mile Walk<https://youtu.be/zItw21j-Xr4> | 3020 min All-in-One Dance<https://youtu.be/QNz9RVgRk4M>10 min Standing Abs<https://youtu.be/gLnTHrU2VWA> | 3180 min 10000 Steps!<https://youtu.be/PDvTAazBGog> |
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