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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> | |  |  | | 1  30 min Power Walk with intervals <https://youtu.be/94XDPrxvckE> | | 2  20 min Cardio & Strength  <https://youtu.be/94Vy_wSkqtQ>  20 min Disco Cardio  <https://youtu.be/oKD6uIe3i9c> | | 3  5000 Steps Workout  <https://youtu.be/xq3HSC1N68Y> | 4  15 min 1 Mile Walk  <https://youtu.be/zItw21j-Xr4>  15 min Mood Boost  <https://youtu.be/04tKECRl6e4> |
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| 5  25 min Cardio  <https://youtu.be/saL5IguTMeY> | | 6  30 min Ultimate All-in-One  <https://youtu.be/m0fEoy7bxXw> | 7  30 min Post-Holiday  Intervals  <https://youtu.be/sw5-hGu-fvE> | | 8  45 min All-in-One  <https://youtu.be/JmPDiD4ekvs> | | 9  30 min 4000 steps  <https://youtu.be/rev3WYnbkR4> | | 10  50 min All-in-One  <https://youtu.be/tSArkZtTRqQ> | 11  30 min Waist Slimming  <https://youtu.be/yUmNojSXIvA> |
| 10 | | 11 |  | |  | |  | |  |  |
| 12  20 min Cardio & Legs  <https://youtu.be/d8wMDoeiF1I>  20 min Walk for Weight Loss  <https://youtu.be/KJ-aPNbOz3g> | | 13  35 min All-in-One including intervals  <https://youtu.be/0IdfvDkeDEk>  10 min Standing Abs  <https://youtu.be/gLnTHrU2VWA> | 14  30 min Cardio with 20 sec segments  <https://youtu.be/eYUx64kGXHc> | | 15  28 min All-in-One  <https://youtu.be/JZeY8Ux6IYY>  10 min Walk with Weights  <https://youtu.be/PblerrEus_c> | | 16  4800 Steps  <https://youtu.be/tGrVHoo2jHo> | | 17  35 min All-in-One including intervals  <https://youtu.be/GjYYXkjdpZQ> | 18  30 min Full Body Walk with Weights  <https://youtu.be/zoKAN7UUTLQ> |
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| 19  20 min Walk  <https://youtu.be/ZYSnJeXttIQ>  15 min 1 Mile Walk  <https://youtu.be/zItw21j-Xr4> | | 20  35 min Tabata  <https://youtu.be/nTTFZJnEw3c> | 21  30 min 3000 Steps including intervals  <https://youtu.be/IwPgM6jXrBc> | | 22  25 min All-in-One  <https://youtu.be/E8yxtdsPtB4>  10 min Flatter Belly  <https://youtu.be/cfROwfwCYsQ> | | 23  25 min Sweaty Cardio  <https://youtu.be/tHqOi-k5xsY> | | 24  20 min Cardio & Strength  <https://youtu.be/94Vy_wSkqtQ>  15 min Energy Boost  <https://youtu.be/30cRgUWhauc> | 25  20 min Hiit  <https://youtu.be/k-P6GixYCrk> |
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| 26  20 min Fast Walk  Cardio  <https://youtu.be/CyAlsgB8M3g> | 27  20 min Cardio and Strength Part 1  <https://youtu.be/ZjG9xPBqwKI>  12 Minute Cardio  <https://youtu.be/23fl786Fotw> | | 28  20 min Cardio and Strength Part 2  <https://youtu.be/k1MV7Voa5X4> | | 29  20 min Walking HIIT  <https://youtu.be/lA2rbZr7OWk>  15 min 1 Mile Walk  <https://youtu.be/zItw21j-Xr4> | | 30  20 min All-in-One Dance  <https://youtu.be/QNz9RVgRk4M>  10 min Standing Abs  <https://youtu.be/gLnTHrU2VWA> | | 31  80 min 10000 Steps!  <https://youtu.be/PDvTAazBGog> |
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