

IMPROVED HEALTH **NOVEMBER** WORKOUT CALENDAR

INTERMEDIATE LEVEL WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>STRETCHES to add on anytime: 20 min Stretch & Mindfulness: https://youtu.be/fUj8qRAN_ws</p>	<p>5 min Stretch: https://youtu.be/gEECHy5tDKY 13 min Stretch: https://youtu.be/-ljjYyAblyA</p>	<p>10 min Standing Stretch: https://youtu.be/G6avFoSQORg</p>			<p>1 15 min Hiit Walking Workout with 30, 20, 10 format https://youtu.be/mT8AtEtyoDY 10 min Flatter Abs https://youtu.be/cfROwfwCYsQ</p>	<p>2 20 min Dance Workout https://youtu.be/3LpJSXil3iA 10 min Walk with Weights https://youtu.be/PblerrEus_c</p>
<p>3 15 min Walking Workout to Boost Mood https://youtu.be/04tKECRI6e4 12 min Tabata https://youtu.be/WQCyVdprV7U</p>	<p>4 20 min All-in-One Dance Music Workout https://youtu.be/QNz9RVgRk4M 10 min Strength https://youtu.be/SEdIBwZQbHw</p>	<p>5 20 min Interval Training (30 slow, 20 faster, 10 fast) https://youtu.be/kcGUHETOUpm</p>	<p>6 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw</p>	<p>7 20 min Fast Walk Cardio https://youtu.be/CyAlsgB8M3g 10 min Flatter Belly https://youtu.be/gLnTHrU2VWA</p>	<p>8 35 min No chatter Tabata All-in-One Workout https://youtu.be/nTTFZJnEw3c 10 min Strength https://youtu.be/SEdIBwZQbHw</p>	<p>9 20 min Disco Cardio https://youtu.be/oKD6ule3i9c 20 min Fast Walk with 15 sec https://youtu.be/CyAlsB8M3g</p>
<p>10 1980's Cardio Workout https://youtu.be/RfLW9AJZhso</p>	<p>11 32 min Walk with weights All-in-One https://youtu.be/zoKAN7UUTLQ 10 min Defined Legs https://youtu.be/ej2vr0irxno</p>	<p>12 20 min Weight Loss Interval Workout https://youtu.be/d7r-oFTfK34 7 min Balance https://youtu.be/eL2-lj8nSR4</p>	<p>13 35 min All-in-One with Intervals https://youtu.be/GjYYXkjdpZQ 10 min Summer Arms https://youtu.be/a1r5ymtV8HY</p>	<p>14 30 min 4000 Steps https://youtu.be/rev3WYnbkR4</p>	<p>15 30 min All-in-One https://youtu.be/TRzLLRR31f0 10 min Defined Legs https://youtu.be/ej2vr0irxno</p>	<p>16 20 min Dance Workout https://youtu.be/-PDOpXTC3mc 10 min Standing Stretch https://youtu.be/G6avFoSQORg</p>
<p>17 20 min Dance Workout https://youtu.be/3LpJSXil3iA 15 min 1 Mile Walk https://youtu.be/zltw21j-Xr4</p>	<p>18 30 min Cardio Workout (20 sec segments) https://youtu.be/eYUx64kGXHc Day 1 Upper Body https://youtu.be/x1MsCE3OBNc</p>	<p>19 20 min Walking Workout for Weight Loss https://youtu.be/KJ-aPNbOz3g Day 2 Lower Body https://youtu.be/y9411UdVuqY</p>	<p>20 40 min Cardio Kickboxing All-in-1 https://youtu.be/PdOYcBCaQM0</p>	<p>21 25 min Cardio Drumming with two wooden spoons https://youtu.be/3B1b7dW2Ebl 10 min Flatter Belly https://youtu.be/gLnTHrU2VWA</p>	<p>22 10000 steps 😊 https://youtu.be/daUzX1-D5gk OR 5000 steps https://youtu.be/xq3HSC1N68Y</p>	<p>23 20 min Cardio & Strength https://youtu.be/94Vy_wSkqtQ</p>

24 25 min Cardio with 15 sec changes https://youtu.be/saL5lguTMeY	25 30 min All-in-One Cardio https://youtu.be/JZeY8Ux6IYY 10 min Strength https://youtu.be/SEdlBwZQbHw	26 30 min Power Walk https://youtu.be/94XDPrxvckE	27 45 min All-in-One (3 min balance, 10 min strength, 15 min cardio, stretch) https://youtu.be/JmPDiD4ekvs	28 30 min Weight Loss Workout https://youtu.be/fYcWvToUsm4 7 min Balance https://youtu.be/eL2-lj8nSR4	29 28 min All-in-One https://youtu.be/JZeY8Ux6IYY	30 40 min 4800 Steps https://youtu.be/tGrVHo02jHo
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