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| IMPROVED HEALTH MARCH WORKOUT CALENDAR |
| BEGINNER LEVEL CARDIO & STRENGTH WORKOUTS for IMPROVED HEALTH |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Try to add a stretching routine in every day. |  |  |  |  |  | 1  15 min Walk  <https://youtu.be/H4R1xvcP94E>  11 min Walk with Weights  <https://youtu.be/14IbwFjSKtc> |
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| 2  30 min Low Impact  Cardio  <https://youtu.be/vd-sc3_H6sk> | 3  20 min Tabata  <https://youtu.be/QqoDbTt51R8>  10 min Full Body Strength  <https://youtu.be/SEdIBwZQbHw> | 4  20 min Cardio  (optional LIGHT weights)  <https://youtu.be/4BZ1t_aKCT8>  7 min Balance  <https://youtu.be/eL2-lj8nSR4> | 5  40 min All-in-One  <https://youtu.be/piQfWroJYok> | 6  20 min Hiit  <https://youtu.be/YGw0eJzLad4>  10 min Standing Abs  <https://youtu.be/GRhRwzr5jhk> | 7  20 min Cardio (Plyo)  <https://youtu.be/JFjvjehY5-U>  15 min Strength  <https://youtu.be/-mezmalW4mk> | 8  30 min Low Impact  <https://youtu.be/kHx-PyUWF5w> |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 15 min Walk  <https://youtu.be/6YKGcF6j0Zk>  15 min Evening Walk  <https://youtu.be/lnUbb24xDjA> | 35 min Cardio & Strength  <https://youtu.be/_ju90x3W_jg>  5 min Arms & Balance  <https://youtu.be/Btj6gnkDZxI> | 20 min Motivating Walk  <https://youtu.be/Zgxh3S80gBQ>  10 min Bruce Springsteen  <https://youtu.be/bqqwmCEPrjw> | 15 min Feel Good Cardio  <https://youtu.be/wT4sqZYiaIM>  15 min Legs, hips, glutes  <https://youtu.be/d8X8ZlYDlUQ> | 20 min HIIT  <https://youtu.be/bmYc5GME4IA>  10 min Fit over 50  <https://youtu.be/tpFkBAQYkAo> | 20 min All-in-One  <https://youtu.be/9Aouu7WQVOY>  10 min Standing Abs  <https://youtu.be/Uz2Btnnc9Aw> | 30 min LISS  <https://youtu.be/4hgdCe96mc0> |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 15 min Walk with weights  <https://youtu.be/_d_egtI8GtE>  15 min Walk  <https://youtu.be/sA645DcU2YA> | 10 min Happy Walk  <https://youtu.be/VDcb-srSdlo>  20 min Strength  <https://youtu.be/rtaq1tRjnhA> | 15 min Healthy Walk  <https://youtu.be/sA645DcU2YA>  7 min Balance  <https://youtu.be/eL2-lj8nSR4> | 22 min Tabata  <https://youtu.be/CJ4qkE23k4w>  10 min Strength  <https://youtu.be/SEdIBwZQbHw> | 30 min Low Impact  Cardio  <https://youtu.be/vd-sc3_H6sk> | 35 min Cardio & Strength  <https://youtu.be/_ju90x3W_jg>  15 min Walk with weights  <https://youtu.be/_d_egtI8GtE> | 15 min Walk  <https://youtu.be/6YKGcF6j0Zk>  15 min Evening Walk  <https://youtu.be/lnUbb24xDjA> |
| 23  30 min Low Impact  <https://youtu.be/kHx-PyUWF5w> | 24  7 min Walk  <https://youtu.be/g5ZY2BURCz8>  25 min Strength  <https://youtu.be/rtaq1tRjnhA> | 25  20 min HIIT  <https://youtu.be/bmYc5GME4IA> | 26  20 min Cardio & Strength  <https://youtu.be/2qI3RwOZfsY>  11 min Walk with Weights  <https://youtu.be/14IbwFjSKtc> | 27  30 min Low Impact  Cardio  <https://youtu.be/vd-sc3_H6sk> | 28  30 min All-in-One  Walk with Weights  <https://youtu.be/uWVlNJGuwQ8> | 29  30 min Workout to the 60’s/70’s  <https://youtu.be/4qnDwHN6yIU> |
| 30  20 min Low Impact  <https://youtu.be/y_xKgfYHkX4> | 31  40 min All-in-One  <https://youtu.be/piQfWroJYok> |  |  |  |  |  |
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