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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.  |  |  |  |  |  | 115 min Walk<https://youtu.be/H4R1xvcP94E>11 min Walk with Weights<https://youtu.be/14IbwFjSKtc> |
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| 230 min Low ImpactCardio<https://youtu.be/vd-sc3_H6sk> | 320 min Tabata<https://youtu.be/QqoDbTt51R8>10 min Full Body Strength<https://youtu.be/SEdIBwZQbHw> | 420 min Cardio(optional LIGHT weights)<https://youtu.be/4BZ1t_aKCT8>7 min Balance<https://youtu.be/eL2-lj8nSR4> | 540 min All-in-One<https://youtu.be/piQfWroJYok> | 620 min Hiit<https://youtu.be/YGw0eJzLad4>10 min Standing Abs<https://youtu.be/GRhRwzr5jhk> | 720 min Cardio (Plyo)<https://youtu.be/JFjvjehY5-U>15 min Strength<https://youtu.be/-mezmalW4mk> | 830 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 ImpactCardio<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> |
| 2330 min Low Impact<https://youtu.be/kHx-PyUWF5w> | 247 min Walk<https://youtu.be/g5ZY2BURCz8>25 min Strength<https://youtu.be/rtaq1tRjnhA> | 2520 min HIIT<https://youtu.be/bmYc5GME4IA> | 2620 min Cardio & Strength<https://youtu.be/2qI3RwOZfsY>11 min Walk with Weights<https://youtu.be/14IbwFjSKtc> | 2730 min Low ImpactCardio<https://youtu.be/vd-sc3_H6sk> | 2830 min All-in-OneWalk with Weights<https://youtu.be/uWVlNJGuwQ8> | 2930 min Workout to the 60’s/70’s<https://youtu.be/4qnDwHN6yIU> |
| 3020 min Low Impact<https://youtu.be/y_xKgfYHkX4> | 3140 min All-in-One<https://youtu.be/piQfWroJYok> |  |  |  |  |  |
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