

IMPROVED HEALTH **JANUARY** WORKOUT CALENDAR

BEGINNER LEVEL WORKOUTS (add on more workouts to suit YOU)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Anytime you need motivation...</p> <p>10 min Gentle Motivational Walk https://youtu.be/Rno9I77zWi4</p>	<p>A short 10 minute strength workout to add onto any workout: https://youtu.be/SEdIBwZQbHw</p>	<p>20 min Motivating Walking Workout https://youtu.be/Zgqx3S80gBQ</p>	<p>1 30 min Low Impact Cardio https://youtu.be/kHx-PyUWF5w</p>	<p>2 20 min All-in-One https://youtu.be/9Aouu7WQVOY 10 min Strength https://youtu.be/SEdIBwZQbHw</p>	<p>3 20 min Hiit https://youtu.be/bmYc5GME4IA 10 min Standing Abs https://youtu.be/GRhRwzr5jkh</p>	<p>4 20 min Low Impact Cardio https://youtu.be/y_xKgfYHkX4 10 min Happy Walk https://youtu.be/VDcb-srSdlo</p>
<p>5 10 min Bruce Springsteen https://youtu.be/bqqwmCEPrjw 15 min Senior-Friendly https://youtu.be/izUh4Y4rQN0</p>	<p>6 35 min Cardio and Strength (with instruction) https://youtu.be/_ju90x3W_jg</p>	<p>7 30 min LISS https://youtu.be/4hgdCe96mc0</p>	<p>8 10 min Cardio https://youtu.be/Ed2adYuqWMI 20 min Cardio & Strength https://youtu.be/2qI3RwOZfsY</p>	<p>9 20 min Beginner Hiit https://youtu.be/YGw0eJzLad4 10 min Standing Abs https://youtu.be/GRhRwzr5jkh</p>	<p>10 15 min Walk https://youtu.be/H4R1xvcP94E 20 min Functional Fitness https://youtu.be/vfqZBkernzq</p>	<p>11 20 min 1970's Walk https://youtu.be/xqA_T8qQB4g 15 min 'Evening' Walk https://youtu.be/InUbb24xDjA</p>
<p>12 22 min Tabata (4 rounds) https://youtu.be/CJ4qkE23k4w 10 min Fit over 50 https://youtu.be/tpFkBAQYkAo</p>	<p>13 30 min Walking with Weights All-in-One https://youtu.be/uWVINJGuwQ8</p>	<p>14 20 min Motivating Walking Workout https://youtu.be/Zgqx3S80gBQ 10 min Happy Walk https://youtu.be/VDcb-srSdlo</p>	<p>15 15 min Walk with Weights https://youtu.be/_d_egtI8GtE 15 min Legs & hips https://youtu.be/d8X8ZlYDIUQ</p>	<p>16 40 min All-in-One https://youtu.be/piQfWrOjYok</p>	<p>17 20 min Cardio (plyometrics) https://youtu.be/JFjvjeY5-U</p>	<p>18 15 min Healthy Walk https://youtu.be/sA645DcU2YA 10 min Tina Turner https://youtu.be/YqOaIMGYx1c</p>
<p>19 15 min Feel Good Cardio https://youtu.be/wT4sqZYialM 15 min Walk https://youtu.be/H4R1xvcP94E</p>	<p>20 20 min Motivating Walk https://youtu.be/Zgqx3S80gBQ 15 min Strength (chair for support) https://youtu.be/-mezmalW4mk</p>	<p>21 20 min Hiit https://youtu.be/bmYc5GME4IA</p>	<p>22 15 min Healthy Walk https://youtu.be/sA645DcU2YA 20 min Functional Fitness https://youtu.be/vfqZBkernzq</p>	<p>23 20 min Low impact https://youtu.be/y_xKgfYHkX4 15 min Walk https://youtu.be/H4R1xvcP94E</p>	<p>24 35 min Cardio and Strength (with instruction) https://youtu.be/_ju90x3W_jg</p>	<p>25 20 min Tabata (2 rounds) https://youtu.be/QqoDbTt51R8</p>
<p>26 25 min ABBA https://youtu.be/nPLXCsLsQPE</p>	<p>27 10 min Senior-friendly Cardio https://youtu.be/Ed2adYuqWMI 10 min Strength https://youtu.be/SEdIBwZQbHw</p>	<p>28 30 min Low Impact Cardio https://youtu.be/kHx-PyUWF5w</p>	<p>29 20 min All-in-One https://youtu.be/9Aouu7WQVOY 10 min Standing Abs https://youtu.be/GRhRwzr5jkh</p>	<p>30 20 min Hiit https://youtu.be/bmYc5GME4IA 10 min Strength https://youtu.be/SEdIBwZQbHw</p>	<p>31 15 min Walk https://youtu.be/H4R1xvcP94E 15 min Evening Walk https://youtu.be/InUbb24xDjA</p>	