

IMPROVED HEALTH **MARCH** WORKOUT CALENDAR

BEGINNER LEVEL **CARDIO & STRENGTH** WORKOUTS for IMPROVED HEALTH

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/14lbwFjSKtc
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/SEdlBwZQbHw	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/JFvjvjeHY5-U 15 min Strength https://youtu.be/mezmaIW4mk	8 30 min Low Impact https://youtu.be/kHx-PyUWF5w
9 15 min Walk https://youtu.be/6YKGcF6j0Zk 15 min Evening Walk https://youtu.be/lnUbb24xDjA	10 35 min Cardio & Strength https://youtu.be/ju90x3W_jg 5 min Arms & Balance https://youtu.be/Btj6gnkDZxl	11 20 min Motivating Walk https://youtu.be/Zqxh3S80gBQ 10 min Bruce Springsteen https://youtu.be/bqqwmCEPrjw	12 15 min Feel Good Cardio https://youtu.be/wT4sqZYialM 15 min Legs, hips, glutes https://youtu.be/d8X8ZIYDIUQ	13 20 min HIIT https://youtu.be/bmYc5GME4IA 10 min Fit over 50 https://youtu.be/tpFkBAQYkAo	14 20 min All-in-One https://youtu.be/9Aouu7WQVOY 10 min Standing Abs https://youtu.be/Uz2Bt nnc9Aw	15 30 min LISS https://youtu.be/4hgdCe96mc0
16 15 min Walk with weights https://youtu.be/_d_egtI8GtE 15 min Walk https://youtu.be/sA645DcU2YA	17 10 min Happy Walk https://youtu.be/VDcb-srSdlo 20 min Strength https://youtu.be/rtaq1tRjnhA	18 15 min Healthy Walk https://youtu.be/sA645DcU2YA 7 min Balance https://youtu.be/eL2-lj8nSR4	19 22 min Tabata https://youtu.be/CJ4qkE23k4w 10 min Strength https://youtu.be/SEdlBwZQbHw	20 30 min Low Impact Cardio https://youtu.be/vd-sc3_H6sk	21 35 min Cardio & Strength https://youtu.be/ju90x3W_jg 15 min Walk with weights https://youtu.be/_d_egtI8GtE	22 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/2ql3RwOZfsY 11 min Walk with Weights https://youtu.be/14lbwFjSKtc	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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