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| IMPROVED HEALTH FEBRUARY 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  20 min Cardio  <https://youtu.be/y_xKgfYHkX4> |
|  |  |  |  |  |  |  |
| 2  30 min LISS  <https://youtu.be/4hgdCe96mc0> | 3  20 min Cardio & Strength  <https://youtu.be/2qI3RwOZfsY> | 4  20 min Motivating Walk  <https://youtu.be/Zgxh3S80gBQ> | 5  40 min All-in-One  <https://youtu.be/piQfWroJYok> | 6  20 min HIIT  <https://youtu.be/bmYc5GME4IA>  10 min Standing Abs  <https://youtu.be/GRhRwzr5jhk> | 7  35 min Cardio & Strength  <https://youtu.be/_ju90x3W_jg>  15 min Healthy Walk <https://youtu.be/sA645DcU2YA> | 8  30 min Low Impact  <https://youtu.be/kHx-PyUWF5w> |
|  | 15 min Lower Sugars  <https://youtu.be/6YKGcF6j0Zk> | 10 min Tina Turner  <https://youtu.be/YqOalMGYx1c> |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 15 min Walk  <https://youtu.be/6YKGcF6j0Zk>  15 min Evening Walk  <https://youtu.be/lnUbb24xDjA> | 30 min Walk to the 60’s/70’s  <https://youtu.be/4qnDwHN6yIU> | 20 min Cardio  <https://youtu.be/y_xKgfYHkX4>  20 min All-in-One  <https://youtu.be/9Aouu7WQVOY> | 20 min Hiit  <https://youtu.be/YGw0eJzLad4>  15 min Walk  <https://youtu.be/lnUbb24xDjA> | 20 min Motivating Walk  <https://youtu.be/Zgxh3S80gBQ>  15 min Walk  <https://youtu.be/H4R1xvcP94E> | 35 min Cardio & Strength  <https://youtu.be/_ju90x3W_jg>  15 min Healthy Walk <https://youtu.be/sA645DcU2YA> | 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> | 15 min Feel Good Cardio  <https://youtu.be/wT4sqZYiaIM>  20 min Strength  <https://youtu.be/rtaq1tRjnhA> | 20 min Hiit Workout  <https://youtu.be/bmYc5GME4IA>  10 min Standing Abs  <https://youtu.be/Uz2Btnnc9Aw> | 20 min Tabata  <https://youtu.be/QqoDbTt51R8>  10 min Strength  <https://youtu.be/SEdIBwZQbHw> | 30 min Low Impact  <https://youtu.be/kHx-PyUWF5w> | 35 min Cardio & Strength  <https://youtu.be/_ju90x3W_jg>  15 min Healthy Walk <https://youtu.be/sA645DcU2YA> | 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  22 min Tabata  <https://youtu.be/CJ4qkE23k4w>  15 min Lower Sugars<https://youtu.be/6YKGcF6j0Zk> | 25  30 min Walk with Weights  <https://youtu.be/uWVlNJGuwQ8> | 26  20 min HIIT  <https://youtu.be/bmYc5GME4IA> | 27  15 min Walk  <https://youtu.be/LQKFpP_iHNM>  20 min All-in-One  <https://youtu.be/9Aouu7WQVOY> | 28  20 min Walk  <https://youtu.be/Zgxh3S80gBQ>  10 min Walk over 50  <https://youtu.be/tpFkBAQYkAo> |  |
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