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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.  |  |  |  |  |  | 120 min Cardio<https://youtu.be/y_xKgfYHkX4> |
|  |  |  |  |  |  |  |
| 230 min LISS<https://youtu.be/4hgdCe96mc0> | 320 min Cardio & Strength<https://youtu.be/2qI3RwOZfsY> | 420 min Motivating Walk<https://youtu.be/Zgxh3S80gBQ> | 540 min All-in-One<https://youtu.be/piQfWroJYok> | 620 min HIIT<https://youtu.be/bmYc5GME4IA>10 min Standing Abs<https://youtu.be/GRhRwzr5jhk> | 735 min Cardio & Strength<https://youtu.be/_ju90x3W_jg>15 min Healthy Walk <https://youtu.be/sA645DcU2YA> | 830 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> |
| 2330 min Low Impact<https://youtu.be/kHx-PyUWF5w> | 2422 min Tabata<https://youtu.be/CJ4qkE23k4w>15 min Lower Sugars<https://youtu.be/6YKGcF6j0Zk> | 2530 min Walk with Weights<https://youtu.be/uWVlNJGuwQ8> | 2620 min HIIT<https://youtu.be/bmYc5GME4IA> | 2715 min Walk<https://youtu.be/LQKFpP_iHNM>20 min All-in-One<https://youtu.be/9Aouu7WQVOY> | 2820 min Walk<https://youtu.be/Zgxh3S80gBQ>10 min Walk over 50<https://youtu.be/tpFkBAQYkAo> |  |
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