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| IMPROVED HEALTH FEBRUARY WORKOUT CALENDAR |
| INTERMEDIATE 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 HIIT with 30,20,10 format<https://youtu.be/mT8AtEtyoDY> |
|  |  |  |  |  |  | 10 min FB Strength<https://youtu.be/lYhNf8_9BzU> |
| 220 min Weight Loss Workout<https://youtu.be/ZYSnJeXttIQ> | 320 min Cardio & Strength (Part 1)<https://youtu.be/ZjG9xPBqwKI>15 min 1 Mile Walk<https://youtu.be/zItw21j-Xr4> | 420 min Cardio & Strength (Part 2)<https://youtu.be/k1MV7Voa5X4>15 min Energy Boost<https://youtu.be/30cRgUWhauc> | 540 min 4800 Steps<https://youtu.be/tGrVHoo2jHo> | 625 min Walking HIIT<https://youtu.be/lA2rbZr7OWk>10 min Flatter Belly Walk<https://youtu.be/cfROwfwCYsQ> | 730 min Cardio<https://youtu.be/eYUx64kGXHc>+ 10 min Weights<https://youtu.be/SEdIBwZQbHw> | 820 min Sweaty Cardio<https://youtu.be/tHqOi-k5xsY>10 min Dance Party<https://youtu.be/MNYiynDHGJ4> |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 30 min Cardio with 20 sec segments<https://youtu.be/eYUx64kGXHc> | 30 min Power Walk with Intervals<https://youtu.be/94XDPrxvckE>7 min Balance<https://youtu.be/eL2-lj8nSR4> | 30 min UltimateAll-in-One<https://youtu.be/m0fEoy7bxXw>10 min FB Strength<https://youtu.be/lYhNf8_9BzU> | 20 min VariedIntervals<https://youtu.be/RcMrxdvRouY>1 Mile Brisk Walk<https://youtu.be/8I76TFbW6bs> | 40 min Kickboxing All-in-One<https://youtu.be/PdOYcBCaQM0>+ 10 min Weights<https://youtu.be/SEdIBwZQbHw> | 4000 Steps<https://youtu.be/rev3WYnbkR4> | 45 min All-in-One<https://youtu.be/JmPDiD4ekvs> |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 20 min Fast Walk<https://youtu.be/OZYDSQ0Ah_o> | 30 min FB All-in-1<https://youtu.be/ju4kV9Baqk4>15 min Hiit with 30, 20, 10 format<https://youtu.be/mT8AtEtyoDY> | 50 min 5200 StepsHappy Dance<https://youtu.be/Y1Ry1EQMv_E> | 28 min All-in-One<https://youtu.be/JZeY8Ux6IYY>5 min Legs & Glutes<https://youtu.be/OL4H68DKZuM> | 20 min Fast Walk with 15 sec seg.<https://youtu.be/CyAlsgB8M3g>15 min Walk<https://youtu.be/04tKECRl6e4> | 30 min Walk for Weight Loss<https://youtu.be/fYcWvToUsm4> | 20 min Cardio & Strength<https://youtu.be/94Vy_wSkqtQ>12 min Energy Walk<https://youtu.be/23fl786Fotw> |
| 2330 min 1980’sWorkout<https://youtu.be/RfLW9AJZhso> | 2430 min All-in-One<https://youtu.be/TRzLLRR31f0>10 min FB Strength<https://youtu.be/lYhNf8_9BzU> | 2545 min 5000 Steps<https://youtu.be/xq3HSC1N68Y> | 2620 min Fast Walk with Intervals<https://youtu.be/OZYDSQ0Ah_o>15 min Plyo Workout | 2732 min All-in-One Walk with weights<https://youtu.be/zoKAN7UUTLQ>15 min FB Strength | 2830 min Waist Slimming Cardio<https://youtu.be/yUmNojSXIvA> |  |
|  |  |  | <https://youtu.be/JFjvjehY5-U> | <https://youtu.be/O9PTFZcRA60> |  |  |
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