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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. |  |  |  |  |  | 1  15 min HIIT with 30,20,10 format  <https://youtu.be/mT8AtEtyoDY> |
|  |  |  |  |  |  | 10 min FB Strength  <https://youtu.be/lYhNf8_9BzU> |
| 2  20 min Weight Loss Workout  <https://youtu.be/ZYSnJeXttIQ> | 3  20 min Cardio & Strength (Part 1)  <https://youtu.be/ZjG9xPBqwKI>  15 min 1 Mile Walk  <https://youtu.be/zItw21j-Xr4> | 4  20 min Cardio & Strength (Part 2)  <https://youtu.be/k1MV7Voa5X4>  15 min Energy Boost  <https://youtu.be/30cRgUWhauc> | 5  40 min 4800 Steps  <https://youtu.be/tGrVHoo2jHo> | 6  25 min Walking HIIT  <https://youtu.be/lA2rbZr7OWk>  10 min Flatter Belly Walk  <https://youtu.be/cfROwfwCYsQ> | 7  30 min Cardio  <https://youtu.be/eYUx64kGXHc>  + 10 min Weights  <https://youtu.be/SEdIBwZQbHw> | 8  20 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 Ultimate  All-in-One  <https://youtu.be/m0fEoy7bxXw>  10 min FB Strength  <https://youtu.be/lYhNf8_9BzU> | 20 min Varied  Intervals  <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 Steps  Happy 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> |
| 23  30 min 1980’s  Workout  <https://youtu.be/RfLW9AJZhso> | 24  30 min All-in-One  <https://youtu.be/TRzLLRR31f0>  10 min FB Strength  <https://youtu.be/lYhNf8_9BzU> | 25  45 min 5000 Steps  <https://youtu.be/xq3HSC1N68Y> | 26  20 min Fast Walk with Intervals  <https://youtu.be/OZYDSQ0Ah_o>  15 min Plyo Workout | 27  32 min All-in-One Walk with weights  <https://youtu.be/zoKAN7UUTLQ>  15 min FB Strength | 28  30 min Waist Slimming Cardio  <https://youtu.be/yUmNojSXIvA> |  |
|  |  |  | <https://youtu.be/JFjvjehY5-U> | <https://youtu.be/O9PTFZcRA60> |  |  |
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