

IMPROVED HEALTH **OCTOBER** WORKOUT CALENDAR

BEGINNER LEVEL **CARDIO & STRENGTH** WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Try to add stretching videos in when time allows. Seated stretches to add on:13 min: https://youtu.be/-ljiYyAblyA</p>	<p>Seated stretches to add on at any time: 15 min: https://youtu.be/18w185NpkqE</p>	<p>1 20 min HIIT https://youtu.be/bmYc5GME4IA 7 min Balance https://youtu.be/eL2-lj8nSR4</p>	<p>2 30 min LISS https://youtu.be/4hgdCe96mc0 10 min Standing Abs https://youtu.be/Uz2Btnc9Aw</p>	<p>3 20 min Tabata (2 rounds) https://youtu.be/QqoDbTt51R8</p>	<p>4 15 min Healthy Walk https://youtu.be/sA645DcU2YA 10 min Strength https://youtu.be/SEdIBwZQbHw</p>	<p>5 15 min Lower Blood Sugars https://youtu.be/6YKGCf6j0Zk 15 min Evening Workout https://youtu.be/InUbb24xDjA</p>
<p>6 20 min Motivating Workout https://youtu.be/Zgxh3S80gBQ 7 min Balance https://youtu.be/eL2-lj8nSR4</p>	<p>7 40 min All-in-One https://youtu.be/piQfWroJYok</p>	<p>8 20 min Low Impact https://youtu.be/y_xKqfYHkX4</p>	<p>9 15 min Healthy Walk https://youtu.be/sA645DcU2YA 15 min Walk with Weights https://youtu.be/_d_eqtI8GtE</p>	<p>10 15 min Walk https://youtu.be/LQKFpP_iHNM 10 min Standing Abs https://youtu.be/Uz2Btnc9Aw</p>	<p>11 35 min All-in-One https://youtu.be/_ju90x3W_ig</p>	<p>12 25 min Abba https://youtu.be/nPLXCsLsQPE</p>
<p>13 15 min Walk https://youtu.be/LQKFpP_iHNM 7 min Balance https://youtu.be/eL2-lj8nSR4</p>	<p>14 10 min Fit Over 50 https://youtu.be/tpFkB AQYkAo Strength Exercises https://youtu.be/rtaq1tRjnhA</p>	<p>15 20 min HIIT https://youtu.be/YGw0eJzLad4</p>	<p>16 20 min All-in-One https://youtu.be/9Aouu7WQVOY 10 min Strength https://youtu.be/SEdIBwZQbHw</p>	<p>17 20 min Motivating Workout https://youtu.be/Zgxh3S80gBQ</p>	<p>18 30 min Walk with Weights All-in-One https://youtu.be/uWVlNJGuwQ8</p>	<p>19 15 min Lower Blood Sugars https://youtu.be/6YKGCf6j0Zk 15 min Evening Workout https://youtu.be/InUbb24xDjA</p>
<p>20 15 min Healthy Walk https://youtu.be/sA645DcU2YA 15 min Walk https://youtu.be/LQKFpP_iHNM</p>	<p>21 40 min All-in-One https://youtu.be/piQfWroJYok</p>	<p>22 10 min Fit Over 50 https://youtu.be/tpFkB AQYkAo Strength Exercises https://youtu.be/rtaq1tRjnhA</p>	<p>23 30 min LISS https://youtu.be/4hgdCe96mc0</p>	<p>24 20 min Motivating Workout https://youtu.be/Zgxh3S80gBQ 12 min Strength & Bal. https://youtu.be/8EUC hsWJjhU</p>	<p>25 20 min HIIT https://youtu.be/bmYc5GME4IA 10 min Standing Abs https://youtu.be/GRhRwzr5jkh</p>	<p>26 30 min Walk with Weights https://youtu.be/uWVlNJGuwQ8</p>
<p>27 22 min Tabata https://youtu.be/CJ4qkE23k4w 7 min Balance https://youtu.be/eL2-lj8nSR4</p>	<p>28 10 min Happy Walk https://youtu.be/VDcb-srSdlo 15 min Strength https://youtu.be/mezmalW4mk</p>	<p>29 20 min Tabata (2 rounds) https://youtu.be/QqoDbTt51R8</p>	<p>30 15min Walk w Weights https://youtu.be/_d_eqtI8GtE 15 min Leg Glute Hips https://youtu.be/d8X8ZlYDIUQ</p>	<p>31 20 min HIIT https://youtu.be/bmYc5GME4IA 7 min Balance https://youtu.be/eL2-lj8nSR4</p>		

