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| IMPROVED HEALTH DECEMBER WORKOUT CALENDAR |
| INTERMEDIATE LEVEL CARDIO & STRENGTH WORKOUTS |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1  4800 Low  Impact Cardio  <https://youtu.be/tGrVHoo2jHo> | 2  NEW UPLOAD  +  10 min Flatter Belly  <https://youtu.be/gLnTHrU2VWA> | 3  5000 steps  <https://youtu.be/xq3HSC1N68Y> | 4  30 min Ultimate All-in-One  <https://youtu.be/m0fEoy7bxXw> | 5  20 min Weight Loss Interval Workout  <https://youtu.be/d7r-oFTfK34>  7 min Balance  <https://youtu.be/eL2-lj8nSR4> | 6  30 min All-in-One  <https://youtu.be/TRzLLRR31f0>  10 min Defined Legs  <https://youtu.be/ej2vr0irxno> | 7  1980’s Cardio Workout  <https://youtu.be/RfLW9AJZhso> |
| 11 | 11 |  |  |  |  |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 30 min Power Walk with Intervals  <https://youtu.be/94XDPrxvckE> | 40 min Cardio  Kickboxing All-in-One  <https://youtu.be/PdOYcBCaQM0> | 40 min 4800 Steps  <https://youtu.be/tGrVHoo2jHo> | 45 min All-in-One  <https://youtu.be/JmPDiD4ekvs> | 30 min Walk for Weight Loss  <https://youtu.be/fYcWvToUsm4> | 30 min All-in-One  <https://youtu.be/TRzLLRR31f0> | 10000 Steps  <https://youtu.be/daUzX1-D5gk> |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 20 min Walk  <https://youtu.be/KJ-aPNbOz3g>  1 mile Brisk Walk  <https://youtu.be/8I76TFbW6bs> | 30 min Ultimate All-in-One  <https://youtu.be/m0fEoy7bxXw> | 45 min 5000 Steps  <https://youtu.be/xq3HSC1N68Y> | 30 min Secrets to Longevity All-in-One  <https://youtu.be/TRzLLRR31f0> | 30 min Waist Slimming Cardio  <https://youtu.be/yUmNojSXIvA> | 30 min All-in-One  <https://youtu.be/ju4kV9Baqk4> | 20 min Fast Walk  <https://youtu.be/CyAlsgB8M3g> |
| 22/29  15 min Energy Boost  <https://youtu.be/30cRgUWhauc>  15 min Walk to Boost Mood  <https://youtu.be/04tKECRl6e4> | 23/30  20 min 2500 Steps  <https://youtu.be/xRBsSPx6Q9w>  10 min Dance Party  <https://youtu.be/MNYiynDHGJ4> | 24/31  25 min Sweaty Cardio  <https://youtu.be/tHqOi-k5xsY>  10 min Strength  <https://youtu.be/SEdIBwZQbHw> | 25  20 min Intervals  <https://youtu.be/5cN1mdO9hU4>  QUICK & EFFECTIVE!!! | 26  20 min Tabata  <https://youtu.be/lPg3cYRf_i0>  15 min Strength  <https://youtu.be/O9PTFZcRA60> | 27  30 min 4000 Steps  <https://youtu.be/rev3WYnbkR4> | 28  20 min Fast Walk with intervals  <https://youtu.be/OZYDSQ0Ah_o> |
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