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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 |
| 14800 Low Impact Cardio<https://youtu.be/tGrVHoo2jHo> | 2NEW UPLOAD+10 min Flatter Belly<https://youtu.be/gLnTHrU2VWA> | 35000 steps<https://youtu.be/xq3HSC1N68Y> | 430 min Ultimate All-in-One<https://youtu.be/m0fEoy7bxXw> | 520 min Weight Loss Interval Workout <https://youtu.be/d7r-oFTfK34>7 min Balance<https://youtu.be/eL2-lj8nSR4> | 630 min All-in-One<https://youtu.be/TRzLLRR31f0>10 min Defined Legs<https://youtu.be/ej2vr0irxno> | 71980’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 CardioKickboxing 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> |
| 22/2915 min Energy Boost<https://youtu.be/30cRgUWhauc>15 min Walk to Boost Mood<https://youtu.be/04tKECRl6e4> | 23/3020 min 2500 Steps<https://youtu.be/xRBsSPx6Q9w>10 min Dance Party<https://youtu.be/MNYiynDHGJ4> | 24/3125 min Sweaty Cardio<https://youtu.be/tHqOi-k5xsY>10 min Strength<https://youtu.be/SEdIBwZQbHw> | 2520 min Intervals<https://youtu.be/5cN1mdO9hU4>QUICK & EFFECTIVE!!! | 2620 min Tabata<https://youtu.be/lPg3cYRf_i0>15 min Strength<https://youtu.be/O9PTFZcRA60> | 2730 min 4000 Steps<https://youtu.be/rev3WYnbkR4> | 2820 min Fast Walk with intervals<https://youtu.be/OZYDSQ0Ah_o> |
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