

IMPROVED HEALTH **MARCH** WORKOUT CALENDAR

INTERMEDIATE LEVEL **CARDIO & STRENGTH** WORKOUTS FOR IMPROVED HEALTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add a stretching routine in every day.						1 20 min Re-ignite Weight Loss Intervals https://youtu.be/5cN1mdO9hU4
2 25 min Sweaty Cardio https://youtu.be/tHqOik5xsY	3 20 min Cardio & Strength (Part 1) https://youtu.be/ZjG9xPBqwKI 10 min Standing Abs https://youtu.be/cfROWfwCYsQ	4 20 min Cardio & Strength (Part 2) https://youtu.be/k1MV7Voa5X4 12 min Energy Boost https://youtu.be/23fl786Fotw	5 4000 Steps https://youtu.be/rev3WYnbnkR4	6 20 min Fast Walk with 15 sec seg. https://youtu.be/CyAlsG8M3g 10 min Full Body Strength (1-2 rounds) https://youtu.be/23fl786Fotw	7 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4 7 min Balance https://youtu.be/eL2-lj8nSR4	8 20 min Walk https://youtu.be/xRBsSPx6Q9w 10 min Dance Party https://youtu.be/MNYiynDHGJ4
9 30 min Waist Slimming Cardio https://youtu.be/yUmNojSXlvA	10 30 min All-in-One https://youtu.be/m0fEoy7bxXw 5 min Legs & Glutes https://youtu.be/OL4H68DKZuM	11 40 min 4800 Steps https://youtu.be/tGrVHoo2jHo	12 20 min Cardio & Strength https://youtu.be/94Vy_wSkqtQ 10 min Summer Arms https://youtu.be/a1r5yMtV8HY	13 30 min Post Holiday Workout https://youtu.be/sw5-hGu-fvE	14 50 min All-in-One https://youtu.be/tSArkZtTRqQ	15 30 min Cardio (20 sec moves) https://youtu.be/eYUx64kGXHc
16 20 min Fast Walk https://youtu.be/OZYDSQ0Ah_o	17 30 min All-in-One https://youtu.be/ju4kV9Baqk4	18 45 min 5000 Steps https://youtu.be/xq3HSC1N68Y	19 28 min All-in-One https://youtu.be/JZeY8Ux6IYY	20 30 min Power Walk with intervals https://youtu.be/94XDPrxvckE	21 35 min All-in-One https://youtu.be/GjYYXkdpZQ	22 25 min 3000 Steps https://youtu.be/f4kDSrBnayY
23 30 min 1980's Workout https://youtu.be/RfLW9AJZhso	24 30 min All-in-One https://youtu.be/TRzLLRR31f0 5 min Legs and Glutes https://youtu.be/OL4H68DKZuM	25 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4	26 15 min Plyo Workout https://youtu.be/JFjvjeY5-U 10 min Full Body Strength (1-2 rounds) https://youtu.be/23fl786Fotw	27 90 min 10,000 Steps! https://youtu.be/daUzX1-D5gk Just do as much as you're comfortable with.	28 20 min 2500 Steps https://youtu.be/xRBsSPx6Q9w 15 min Full Body Strength https://youtu.be/O9PTFzCRA60	29 25 min Walking HIIT https://youtu.be/IA2rbZr7OWk 10 min Flatter Belly Walk https://youtu.be/cfROWfwCYsQ

30
20 min Cardio
Kickboxing
<https://youtu.be/Me171bQoPMc>

31
30 min All-in-One
<https://youtu.be/ju4kV9Baqk4>
1 Mile Brisk Walk
<https://youtu.be/8l76TFbW6bs>