

IMPROVED HEALTH **FEBRUARY** 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 15 min HIIT with 30,20,10 format https://youtu.be/mT8AtEtyoDY 10 min FB Strength https://youtu.be/IYhNf8_9BzU
2 20 min Weight Loss Workout https://youtu.be/ZYSnJeXttlQ	3 20 min Cardio & Strength (Part 1) https://youtu.be/ZjG9xPBqwKI 15 min 1 Mile Walk https://youtu.be/zltw21j-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/IA2rbZr7OWk 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
9 30 min Cardio with 20 sec segments https://youtu.be/eYUx64kGXHc	10 30 min Power Walk with Intervals https://youtu.be/94XDPrxvckE 7 min Balance https://youtu.be/eL2-lj8nSR4	11 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw 10 min FB Strength https://youtu.be/IYhNf8_9BzU	12 20 min Varied Intervals https://youtu.be/RcMxrdvRouY 1 Mile Brisk Walk https://youtu.be/8I76TFbW6bs	13 40 min Kickboxing All-in-One https://youtu.be/PdOYcBCaQM0 + 10 min Weights https://youtu.be/SEdIBwZQbHw	14 4000 Steps https://youtu.be/rev3WYnbkR4	15 45 min All-in-One https://youtu.be/JmPDiD4ekvs
16 20 min Fast Walk https://youtu.be/OZYDSQ0Ah_o	17 30 min FB All-in-1 https://youtu.be/ju4kV9Baqk4 15 min Hiit with 30, 20, 10 format https://youtu.be/mT8AtEtyoDY	18 50 min 5200 Steps Happy Dance https://youtu.be/Y1Ry1EQMv_E	19 28 min All-in-One https://youtu.be/JZeY8Ux6IYY 5 min Legs & Glutes https://youtu.be/OL4H68DKZuM	20 20 min Fast Walk with 15 sec seg. https://youtu.be/CyAlsgB8M3g 15 min Walk https://youtu.be/04tKECRI6e4	21 30 min Walk for Weight Loss https://youtu.be/fYcWvToUsm4	22 20 min Cardio & Strength https://youtu.be/94Vyw_sKqtQ 12 min Energy Walk https://youtu.be/23fI786Fotw
23 30 min 1980's Workout https://youtu.be/RfLW9AJZhs0	24 30 min All-in-One https://youtu.be/TRzLLRR31f0 10 min FB Strength https://youtu.be/IYhNf8_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	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/yUmN0jSXlvA	

<https://youtu.be/JFvjehY5-U>

<https://youtu.be/O9PTFZcRA60>