

IMPROVED HEALTH **JANUARY** WORKOUT CALENDAR

INTERMEDIATE LEVEL WORKOUTS (add on more workouts to suit YOU)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A short 10 minute strength workout to add onto any workout: https://youtu.be/SEdIBwZQbHw</p>			<p>1 30 min Power Walk with intervals https://youtu.be/94XDPrxvckE</p>	<p>2 20 min Cardio & Strength https://youtu.be/94Vy_wSkqtQ 20 min Disco Cardio https://youtu.be/oKzD6ule3i9c</p>	<p>3 5000 Steps Workout https://youtu.be/xq3HSC1N68Y</p>	<p>4 15 min 1 Mile Walk https://youtu.be/zltw21j-Xr4 15 min Mood Boost https://youtu.be/04tKECRl6e4</p>
<p>5 25 min Cardio https://youtu.be/saL5lguTMeY</p>	<p>6 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw</p>	<p>7 30 min Post-Holiday Intervals https://youtu.be/sw5-hGu-fvE</p>	<p>8 45 min All-in-One https://youtu.be/JmPDiD4ekvs</p>	<p>9 30 min 4000 steps https://youtu.be/rev3WYnbkR4</p>	<p>10 50 min All-in-One https://youtu.be/tSArkZtTRqQ</p>	<p>11 30 min Waist Slimming https://youtu.be/yUmNojSXlvA</p>
<p>12 20 min Cardio & Legs https://youtu.be/d8wMDoeiF1 20 min Walk for Weight Loss https://youtu.be/KJ-aPNbOz3g</p>	<p>13 35 min All-in-One including intervals https://youtu.be/0IdfvDkeDEk 10 min Standing Abs https://youtu.be/gLnTHrU2VWA</p>	<p>14 30 min Cardio with 20 sec segments https://youtu.be/eYUx64kGXHc</p>	<p>15 28 min All-in-One https://youtu.be/JZeY8Ux6IYY 10 min Walk with Weights https://youtu.be/PblerrEus_c</p>	<p>16 4800 Steps https://youtu.be/tGrVHo02jHo</p>	<p>17 35 min All-in-One including intervals https://youtu.be/GjYYXkjdpZQ</p>	<p>18 30 min Full Body Walk with Weights https://youtu.be/zoKAN7UUTLQ</p>
<p>19 20 min Walk https://youtu.be/ZYSnj_eXttlQ 15 min 1 Mile Walk https://youtu.be/zltw21j-Xr4</p>	<p>20 35 min Tabata https://youtu.be/nTTFZJnEw3c</p>	<p>21 30 min 3000 Steps including intervals https://youtu.be/lwPgM6jXrBc</p>	<p>22 25 min All-in-One https://youtu.be/E8yxtdsPtB4 10 min Flatter Belly https://youtu.be/cfROWfWCYsQ</p>	<p>23 25 min Sweaty Cardio https://youtu.be/tHqQik5xsY</p>	<p>24 20 min Cardio & Strength https://youtu.be/94Vy_wSkqtQ 15 min Energy Boost https://youtu.be/30cRgUWhauc</p>	<p>25 20 min Hiit https://youtu.be/k-P6GixYCrk</p>
<p>26 20 min Fast Walk Cardio https://youtu.be/CyAlsGB8M3g</p>	<p>27 20 min Cardio and Strength Part 1 https://youtu.be/ZjG9xPBqwKI 12 Minute Cardio https://youtu.be/23fl786Fotw</p>	<p>28 20 min Cardio and Strength Part 2 https://youtu.be/k1MV7Voa5X4</p>	<p>29 20 min Walking HIIT https://youtu.be/lA2rbZr7OWk 15 min 1 Mile Walk https://youtu.be/zltw21j-Xr4</p>	<p>30 20 min All-in-One Dance https://youtu.be/QNz9RVgRk4M 10 min Standing Abs https://youtu.be/gLnTHrU2VWA</p>	<p>31 80 min 10000 Steps! https://youtu.be/PDvTAazBGog</p>	