

IMPROVED HEALTH **APRIL** WORKOUT CALENDAR

INTERMEDIATE LEVEL WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STRETCHES to add on anytime: 20 min Stretch & Mindfulness: https://youtu.be/fUb8qRAN_ws		1 20 min Low Impact Walk (optional weights) https://youtu.be/4BZ1t_aKCT8 10 min Dance Party https://youtu.be/MNYiynDHGJ4	2 30 min Post Holiday Intervals https://youtu.be/sw5-hGu-fvE 7 min Core on the Floor https://youtu.be/fJNIZU_hHahY OR, 10 min Standing Abs https://youtu.be/gLnTHrU2VWA	3 45 min 5000 Steps https://youtu.be/xq3HSC1N68Y	4 15 min Hiit Walking Workout with 30, 20, 10 format https://youtu.be/mT8AtEtyoDY 10 min Flatter Abs https://youtu.be/cfROWfwCYsQ	5 20 min Dance Workout https://youtu.be/3LpJSXil3iA 10 min Walk with Weights https://youtu.be/PblerrEus_c
6 15 min Walking Workout to Boost Mood https://youtu.be/04tKECRl6e4 12 min Tabata https://youtu.be/WQCyVdprV7U	7 20 min All-in-One Dance Music Workout https://youtu.be/QNz9RVgRk4M 10 min Strength https://youtu.be/SEdIBwZQbHw	8 20 min Interval Training (30 slow, 20 faster, 10 fast) https://youtu.be/kcGUHETOuPM 15 min 1 Mile Walk https://youtu.be/zltw21j-Xr4	9 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw + 5 min Legs & Glutes https://youtu.be/OL4H68DKZuM	10 40 min 4800 Steps https://youtu.be/tGrVHo02jHo	11 20 min Cardio & Strength https://youtu.be/94Vy_wSkqtQ 10 min Strength over 50 https://youtu.be/YhNf8_9BzU	12 20 min Disco Cardio https://youtu.be/oKD6ule3i9c 20 min Fast Walk with 15 sec https://youtu.be/CyAlsQB8M3g
13 10 min Morning Stretch https://youtu.be/iSYz17Fh65w 1980's Cardio Workout https://youtu.be/RfLW9AJZhso	14 32 min Walk with weights All-in-One https://youtu.be/zoKAN7UUTLQ 10 min Defined Legs https://youtu.be/ej2vr0irxno	15 20 min Weight Loss Interval Workout https://youtu.be/d7r-oFTfk34 7 min Balance https://youtu.be/eL2-lj8nSR4	16 35 min All-in-One with Intervals https://youtu.be/GjYYXkjdpZQ 10 min Summer Arms https://youtu.be/a1r5ymtV8HY	17 30 min 4000 Steps https://youtu.be/rev3WYnbkR4	18 30 min All-in-One https://youtu.be/TRzLLRR31f0 10 min Strength https://youtu.be/SEdIBwZQbHw	19 20 min Dance Workout https://youtu.be/-PDOpXTC3mc 10 min Standing Stretch https://youtu.be/G6avFoSQORg
20 10 min Morning Stretch https://youtu.be/iSYz17Fh65w 30 min Cardio Workout (20 sec segments) https://youtu.be/eYUx64kGXHc	21 20 min Dance Workout https://youtu.be/3LpJSXil3iA Day 1 Upper Body https://youtu.be/x1MsCE3OBNc	22 20 min Walking Workout for Weight Loss https://youtu.be/KJ-aPNbOz3g Day 2 Lower Body https://youtu.be/y9411UdVuqY	23 25 min 3000 Steps Workout https://youtu.be/f4kDSrBnayY	24 25 min Cardio Drumming with two wooden spoons https://youtu.be/3B1b7dW2Ebl 10 min Flatter Belly https://youtu.be/gLnTHrU2VWA	25 10000 steps 😊 https://youtu.be/daUzX1-D5gk OR 5000 steps https://youtu.be/xq3HSC1N68Y	26 30 min Waist Slimming Cardio https://youtu.be/yUmNojSXlva

27 25 min Cardio with 15 sec changes https://youtu.be/saL5lguTMeY	28 30 min All-in-One Cardio https://youtu.be/JZeY8Ux6IYY 10 min Strength https://youtu.be/SEdIBwZQbHw	29 30 min Power Walk https://youtu.be/94XDPrxvckE	30 45 min All-in-One (3 min balance, 10 min strength, 15 min cardio, stretch) https://youtu.be/JmPDiD4ekvs			
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