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| IMPROVED HEALTH JANUARY WORKOUT CALENDAR |
| BEGINNER LEVEL WORKOUTS (add on more workouts to suit YOU) |

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| Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Anytime you need motivation…10 min Gentle Motivational Walk<https://youtu.be/Rno9I77zWi4> | A short 10 minute strength workout to add onto any workout:<https://youtu.be/SEdIBwZQbHw> | 20 min Motivating Walking Workout<https://youtu.be/Zgxh3S80gBQ> | 130 min Low Impact Cardio<https://youtu.be/kHx-PyUWF5w> | 220 min All-in-One<https://youtu.be/9Aouu7WQVOY>10 min Strength<https://youtu.be/SEdIBwZQbHw> | 320 min Hiit<https://youtu.be/bmYc5GME4IA>10 min Standing Abs<https://youtu.be/GRhRwzr5jhk> | 420 min Low ImpactCardio<https://youtu.be/y_xKgfYHkX4>10 min Happy Walk<https://youtu.be/VDcb-srSdlo> |
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| 510 min Bruce Springsteen<https://youtu.be/bqqwmCEPrjw>15 min Senior-Friendly<https://youtu.be/izUh4Y4rQN0> | 635 min Cardio and Strength (with instruction)<https://youtu.be/_ju90x3W_jg> | 730 min LISS<https://youtu.be/4hgdCe96mc0> | 810 min Cardio<https://youtu.be/Ed2adYuqwMI>20 min Cardio & Strength<https://youtu.be/2qI3RwOZfsY> | 920 min Beginner Hiit<https://youtu.be/YGw0eJzLad4>10 min Standing Abs<https://youtu.be/GRhRwzr5jhk> | 1015 min Walk<https://youtu.be/H4R1xvcP94E>20 min FunctionalFitness<https://youtu.be/vfqZBkernzg> | 1120 min 1970’s Walk<https://youtu.be/xqA_T8qQB4g>15 min ‘Evening’ Walk<https://youtu.be/lnUbb24xDjA> |
| 10 | 11 |  |  |  |  |  |
| 1222 min Tabata (4 rounds)<https://youtu.be/CJ4qkE23k4w>10 min Fit over 50<https://youtu.be/tpFkBAQYkAo> | 1330 min Walking with Weights All-in-One<https://youtu.be/uWVlNJGuwQ8> | 1420 min Motivating Walking Workout<https://youtu.be/Zgxh3S80gBQ>10 min Happy Walk<https://youtu.be/VDcb-srSdlo> | 1515 min Walk with Weights<https://youtu.be/_d_egtI8GtE>15 min Legs & hips<https://youtu.be/d8X8ZlYDlUQ> | 1640 min All-in-One<https://youtu.be/piQfWroJYok> | 1720 min Cardio(plyometrics)<https://youtu.be/JFjvjehY5-U> | 1815 min Healthy Walk<https://youtu.be/sA645DcU2YA>10 min Tina Turner<https://youtu.be/YqOalMGYx1c> |
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| 1915 min Feel Good Cardio<https://youtu.be/wT4sqZYiaIM>15 min Walk<https://youtu.be/H4R1xvcP94E> | 2020 min Motivating Walk<https://youtu.be/Zgxh3S80gBQ>15 min Strength(chair for support)<https://youtu.be/-mezmalW4mk> | 2120 min Hiit<https://youtu.be/bmYc5GME4IA> | 2215 min Healthy Walk<https://youtu.be/sA645DcU2YA>20 min Functional Fitness<https://youtu.be/vfqZBkernzg> | 2320 min Low impact<https://youtu.be/y_xKgfYHkX4>15 min Walk<https://youtu.be/H4R1xvcP94E> | 2435 min Cardio and Strength (with instruction)<https://youtu.be/_ju90x3W_jg> | 2520 min Tabata(2 rounds)<https://youtu.be/QqoDbTt51R8> |
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| 2625 min ABBA<https://youtu.be/nPLXCsLsQPE> | 2710 min Senior-friendly Cardio<https://youtu.be/Ed2adYuqwMI>10 min Strength<https://youtu.be/SEdIBwZQbHw> | 2830 min Low Impact Cardio<https://youtu.be/kHx-PyUWF5w> | 2920 min All-in-One<https://youtu.be/9Aouu7WQVOY>10 min Standing Abs<https://youtu.be/GRhRwzr5jhk> | 3020 min Hiit<https://youtu.be/bmYc5GME4IA>10 min Strength<https://youtu.be/SEdIBwZQbHw> | 3115 min Walk<https://youtu.be/H4R1xvcP94E>15 min Evening Walk<https://youtu.be/lnUbb24xDjA> |
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