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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> | | 1  30 min Low Impact Cardio  <https://youtu.be/kHx-PyUWF5w> | | 2  20 min All-in-One  <https://youtu.be/9Aouu7WQVOY>  10 min Strength  <https://youtu.be/SEdIBwZQbHw> | | 3  20 min Hiit  <https://youtu.be/bmYc5GME4IA>  10 min Standing Abs  <https://youtu.be/GRhRwzr5jhk> | 4  20 min Low Impact  Cardio  <https://youtu.be/y_xKgfYHkX4>  10 min Happy Walk  <https://youtu.be/VDcb-srSdlo> |
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| 5  10 min Bruce Springsteen  <https://youtu.be/bqqwmCEPrjw>  15 min Senior-Friendly  <https://youtu.be/izUh4Y4rQN0> | | 6  35 min Cardio and Strength (with instruction)  <https://youtu.be/_ju90x3W_jg> | 7  30 min LISS  <https://youtu.be/4hgdCe96mc0> | | 8  10 min Cardio  <https://youtu.be/Ed2adYuqwMI>  20 min Cardio & Strength  <https://youtu.be/2qI3RwOZfsY> | | 9  20 min Beginner Hiit  <https://youtu.be/YGw0eJzLad4>  10 min Standing Abs  <https://youtu.be/GRhRwzr5jhk> | | 10  15 min Walk  <https://youtu.be/H4R1xvcP94E>  20 min Functional  Fitness  <https://youtu.be/vfqZBkernzg> | 11  20 min 1970’s Walk  <https://youtu.be/xqA_T8qQB4g>  15 min ‘Evening’ Walk  <https://youtu.be/lnUbb24xDjA> |
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| 12  22 min Tabata  (4 rounds)  <https://youtu.be/CJ4qkE23k4w>  10 min Fit over 50  <https://youtu.be/tpFkBAQYkAo> | | 13  30 min Walking with Weights All-in-One  <https://youtu.be/uWVlNJGuwQ8> | 14  20 min Motivating Walking Workout  <https://youtu.be/Zgxh3S80gBQ>  10 min Happy Walk  <https://youtu.be/VDcb-srSdlo> | | 15  15 min Walk with Weights  <https://youtu.be/_d_egtI8GtE>  15 min Legs & hips  <https://youtu.be/d8X8ZlYDlUQ> | | 16  40 min All-in-One  <https://youtu.be/piQfWroJYok> | | 17  20 min Cardio  (plyometrics)  <https://youtu.be/JFjvjehY5-U> | 18  15 min Healthy Walk  <https://youtu.be/sA645DcU2YA>  10 min Tina Turner  <https://youtu.be/YqOalMGYx1c> |
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| 19  15 min Feel Good Cardio  <https://youtu.be/wT4sqZYiaIM>  15 min Walk  <https://youtu.be/H4R1xvcP94E> | | 20  20 min Motivating Walk  <https://youtu.be/Zgxh3S80gBQ>  15 min Strength  (chair for support)  <https://youtu.be/-mezmalW4mk> | 21  20 min Hiit  <https://youtu.be/bmYc5GME4IA> | | 22  15 min Healthy Walk  <https://youtu.be/sA645DcU2YA>  20 min Functional Fitness  <https://youtu.be/vfqZBkernzg> | | 23  20 min Low impact  <https://youtu.be/y_xKgfYHkX4>  15 min Walk  <https://youtu.be/H4R1xvcP94E> | | 24  35 min Cardio and Strength (with instruction)  <https://youtu.be/_ju90x3W_jg> | 25  20 min Tabata  (2 rounds)  <https://youtu.be/QqoDbTt51R8> |
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| 26  25 min ABBA  <https://youtu.be/nPLXCsLsQPE> | 27  10 min Senior-friendly Cardio  <https://youtu.be/Ed2adYuqwMI>  10 min Strength  <https://youtu.be/SEdIBwZQbHw> | | 28  30 min Low Impact Cardio  <https://youtu.be/kHx-PyUWF5w> | | 29  20 min All-in-One  <https://youtu.be/9Aouu7WQVOY>  10 min Standing Abs  <https://youtu.be/GRhRwzr5jhk> | | 30  20 min Hiit  <https://youtu.be/bmYc5GME4IA>  10 min Strength  <https://youtu.be/SEdIBwZQbHw> | | 31  15 min Walk  <https://youtu.be/H4R1xvcP94E>  15 min Evening Walk  <https://youtu.be/lnUbb24xDjA> |
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