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| IMPROVED HEALTH MARCH WORKOUT CALENDAR |
| INTERMEDIATE LEVEL CARDIO & STRENGTH WORKOUTS FOR IMPROVED HEALTH |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Try to add a stretching routine in every day. |  |  |  |  |  | 1  20 min Re-ignite Weight Loss Intervals  <https://youtu.be/5cN1mdO9hU4> |
|  |  |  |  |  |  |  |
| 2  25 min Sweaty Cardio  <https://youtu.be/tHqOi-k5xsY> | 3  20 min Cardio & Strength (Part 1)  <https://youtu.be/ZjG9xPBqwKI>  10 min Standing Abs  <https://youtu.be/cfROwfwCYsQ> | 4  20 min Cardio & Strength (Part 2)  <https://youtu.be/k1MV7Voa5X4>  12 min Energy Boost  <https://youtu.be/23fl786Fotw> | 5  4000 Steps  <https://youtu.be/rev3WYnbkR4> | 6  20 min Fast Walk with 15 sec seg.  <https://youtu.be/CyAlsgB8M3g>  10 min Full Body Strength (1-2 rounds)  <https://youtu.be/23fl786Fotw> | 7  30 min Walk for Weight Loss  <https://youtu.be/fYcWvToUsm4>  7 min Balance  <https://youtu.be/eL2-lj8nSR4> | 8  20 min Walk  <https://youtu.be/xRBsSPx6Q9w>  10 min Dance Party  <https://youtu.be/MNYiynDHGJ4> |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 30 min Waist Slimming Cardio  <https://youtu.be/yUmNojSXIvA> | 30 min All-in-One  <https://youtu.be/m0fEoy7bxXw>  5 min Legs & Glutes  <https://youtu.be/OL4H68DKZuM> | 40 min 4800 Steps  <https://youtu.be/tGrVHoo2jHo> | 20 min Cardio & Strength  <https://youtu.be/94Vy_wSkqtQ>  10 min Summer Arms  <https://youtu.be/a1r5ymtV8HY> | 30 min Post Holiday  Workout  <https://youtu.be/sw5-hGu-fvE> | 50 min All-in-One  <https://youtu.be/tSArkZtTRqQ> | 30 min Cardio  (20 sec moves)  <https://youtu.be/eYUx64kGXHc> |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 20 min Fast Walk  <https://youtu.be/OZYDSQ0Ah_o> | 30 min All-in-One  <https://youtu.be/ju4kV9Baqk4> | 45 min 5000 Steps  <https://youtu.be/xq3HSC1N68Y> | 28 min All-in-One  <https://youtu.be/JZeY8Ux6IYY> | 30 min Power Walk with intervals  <https://youtu.be/94XDPrxvckE> | 35 min All-in-One  <https://youtu.be/GjYYXkjdpZQ> | 25 min 3000 Steps  <https://youtu.be/f4kDSrBnayY> |
| 23  30 min 1980’s  Workout  <https://youtu.be/RfLW9AJZhso> | 24  30 min All-in-One  <https://youtu.be/TRzLLRR31f0>  5 min Legs and Glutes  <https://youtu.be/OL4H68DKZuM> | 25  30 min Walk for Weight Loss  <https://youtu.be/fYcWvToUsm4> | 26  15 min Plyo Workout  <https://youtu.be/JFjvjehY5-U>  10 min Full Body Strength (1-2 rounds)  <https://youtu.be/23fl786Fotw> | 27  90 min 10,000 Steps!  <https://youtu.be/daUzX1-D5gk>  Just do as much as you’re comfortable with. | 28  20 min 2500 Steps  <https://youtu.be/xRBsSPx6Q9w>  15 min Full Body Strength  <https://youtu.be/O9PTFZcRA60> | 29  25 min Walking HIIT  <https://youtu.be/lA2rbZr7OWk>  10 min Flatter Belly Walk  <https://youtu.be/cfROwfwCYsQ> |
| 30  20 min Cardio  Kickboxing  <https://youtu.be/Me171bQoPMc> | 31  30 min All-in-One  <https://youtu.be/ju4kV9Baqk4>  1 Mile Brisk Walk  <https://youtu.be/8I76TFbW6bs> |  |  |  |  |  |
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