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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.  |  |  |  |  |  | 120 min Re-ignite Weight Loss Intervals<https://youtu.be/5cN1mdO9hU4> |
|  |  |  |  |  |  |  |
| 225 min Sweaty Cardio<https://youtu.be/tHqOi-k5xsY> | 320 min Cardio & Strength (Part 1)<https://youtu.be/ZjG9xPBqwKI>10 min Standing Abs<https://youtu.be/cfROwfwCYsQ> | 420 min Cardio & Strength (Part 2)<https://youtu.be/k1MV7Voa5X4>12 min Energy Boost<https://youtu.be/23fl786Fotw> | 54000 Steps<https://youtu.be/rev3WYnbkR4> | 620 min Fast Walk with 15 sec seg.<https://youtu.be/CyAlsgB8M3g>10 min Full Body Strength (1-2 rounds)<https://youtu.be/23fl786Fotw> | 730 min Walk for Weight Loss<https://youtu.be/fYcWvToUsm4>7 min Balance<https://youtu.be/eL2-lj8nSR4> | 820 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 HolidayWorkout<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> |
| 2330 min 1980’sWorkout<https://youtu.be/RfLW9AJZhso> | 2430 min All-in-One<https://youtu.be/TRzLLRR31f0>5 min Legs and Glutes<https://youtu.be/OL4H68DKZuM> | 2530 min Walk for Weight Loss<https://youtu.be/fYcWvToUsm4> | 2615 min Plyo Workout<https://youtu.be/JFjvjehY5-U>10 min Full Body Strength (1-2 rounds)<https://youtu.be/23fl786Fotw> | 2790 min 10,000 Steps!<https://youtu.be/daUzX1-D5gk>Just do as much as you’re comfortable with. | 2820 min 2500 Steps<https://youtu.be/xRBsSPx6Q9w>15 min Full Body Strength<https://youtu.be/O9PTFZcRA60> | 2925 min Walking HIIT<https://youtu.be/lA2rbZr7OWk>10 min Flatter Belly Walk<https://youtu.be/cfROwfwCYsQ> |
| 3020 min CardioKickboxing<https://youtu.be/Me171bQoPMc> | 3130 min All-in-One<https://youtu.be/ju4kV9Baqk4>1 Mile Brisk Walk<https://youtu.be/8I76TFbW6bs> |  |  |  |  |  |
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