November 2026 - Intermediate Standing Calendar

Workout titles link directly to the videos.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 1	**Nov 2**	**Nov 3**	**Nov 4**	**Nov 5**	**Nov 6**	**Nov 7**
1. 25-Min 140 BPM Dance Cardio Workout Non-Stop Fat Burn at Home 28:42 2. 20-Min Standing Stretch Routine | No Floor Work (Warm-Up & Cool-Down) 20:32	30 Minute Strength Training at Home for Women 50+ | Standing Dumbbell Workout 37:50	40 Minute Fast Cardio Workout for Weight Loss Low Impact Step to the Beat 43:44	Beat Your Fitness Plateau! 30-Minute Low Impact Total Body Strength + Cardio Intervals 33:54	30-Minute Walking Dance Workout | Fun, Low Impact Cardio At Home! 32:52	Lose Fat & Get Strong at 50+ | Dumbbell Strength Workout at Home 33:19	30-Min Country Music Walking Workout | Low-Impact Fat Burn at Home 32:23
Nov 8	**Nov 9**	**Nov 10**	**Nov 11**	**Nov 12**	**Nov 13**	**Nov 14**
1. 20 Minute Walking Workout at Home Fun Low Impact Cardio with Celtic Music 24:52 2. 20-Minute Full Body Stretching Routine | Flexibility, Relaxation & Stress Relief 20:17	LOSE BELLY FAT with this 40 Minute Menopause Workout! 40:24	30-Minute Low Impact FAST Cardio Workout | Interval Training for Weight Loss 33:51	1. 15-Minute Strength Training for Women Over 50 | Full Body Workout with Modifications 16:28 2. 7 Minute Leg Workout for Women | At Home Strength Training | No Equipment 08:18	Over 5,000 Steps in 45 Minutes! | Low Impact Cardio Workout at Home 49:50	1. 12-Minute Strength Training for Women Over 50 | Full Body Workout at Home 14:03 2. 15-Minute Low Impact Cardio + Strength | Full Body Workout When You're Short on Time 16:02	30-Minute Cardio Workout at Home | Fat-Burning, All Standing, No Equipment (Apartment Friendly!) 33:09
Nov 15	**Nov 16**	**Nov 17**	**Nov 18**	**Nov 19**	**Nov 20**	**Nov 21**
1. The Japanese 3x3 Walking Exercise: Burn Fat, Improve Health, Feel Younger! 32:26 2. 10 Min Feel Good Morning Stretch with Balance | All Standing Morning Routine 10:30	1. 15 or 30-Min Beginner Strength Training at Home | Choose 1 or 2 Sets (Over 50 Friendly) 32:42 2. 10-minute Standing Abs Lower Belly Fat Workout for Beginners 12:18	40-minute WALKING WORKOUT for WEIGHT LOSS | Walk at Home Workout 43:53	This 45-Min Standing Full-Body Workout Works EVERYTHING (Without the Floor) 45:08	1. Walk Off the Weight in 20 Minutes | Full Body Fat Burn Walking Workout 22:59 2. 15 Min Latin Walking Workout - 1 Mile Walk at Home 15:23	30 Minute FULL BODY CARDIO & STRENGTH WORKOUT | At Home Workout with Weights 30:59	1. Turn Your Walk Into a Dance Party! 20-Min Latin Workout at Home (Over 50 Friendly) 22:56 2. CORE EXERCISES to Build Strength and Stability Over 50 19:34

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Nov 22 1. 15 Minute Cardio Workout at Home | Fun, Energizing & All Standing 18:53 2. 10 Minute Standing Stretching Exercises | Standing Stretch Routine That Can Be Done Anywhere! 11:03	**Nov 23** 1. The Ultimate All-In-One Workout for Weight Loss: Walking, Strength, Cardio, Balance, and Flexibility 31:30 2. Beginner Isometric Strength Workout No Equipment, All Results! 19:27	**Nov 24** Dance Yourself Happy 30-Min Soca Workout for Weight Loss & Energy 34:23	**Nov 25** 30 Minute Strength Training at Home for Women 50+ | Standing Dumbbell Workout 37:50	**Nov 26** 40-Min Japanese Walking Workout Interval Method for Heart Health & Fat Loss 43:47	**Nov 27** 1. 20 MIN FULL BODY RESET | Cardio + Strength for Women 50+ 24:03 2. 12-Minute Strength Training for Women Over 50 | Full Body Workout at Home 14:03	**Nov 28** 30-Minute Low Impact FAST Cardio Workout | Interval Training for Weight Loss 33:51
Nov 29 20 Minute Walking Workout at Home Fun Low Impact Cardio with Celtic Music 24:52	**Nov 30** 1. 15 Minute Total Body Standing Strength Workout to Boost Muscle Strength After Fifty 17:48 2. Walk Off Belly Fat! 15-Min Standing Abs + Cardio Workout 16:19					