

IMPROVED HEALTH **OCTOBER** WORKOUT CALENDAR

INTERMEDIATE LEVEL **CARDIO & STRENGTH** WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add stretching videos in when time allows.				1 20 min Power Walk https://youtu.be/VGdlPNxqYrI 10 min Flatter Belly https://youtu.be/cfROWfwCYsQ	2 30 min Ultimate All-in-One https://youtu.be/m0fEoy7bxXw 10 min Defined Legs https://youtu.be/ej2vr0irxno	3 25 min Sweaty Cardio https://youtu.be/tHqOIk5xsY
4 30 min Cardio https://youtu.be/eYUx64kGXHc	5 30 min Post Holiday All-in-One https://youtu.be/sw5-hGu-fvE 10 min Strength https://youtu.be/SEdlBwZQbHw	6 40 min Fast Dance Cardio; 140 bpm https://youtu.be/ijrvrHykzIA	7 30 min All-in-One https://youtu.be/Yzu1x9ik8dq 10 min Strength https://youtu.be/SEdlBwZQbHw	8 30 min Cardio (6 intervals) https://youtu.be/t4ZQsbO-RbQ 7 min Balance https://youtu.be/eL2-lj8nSR4	9 30 min Strength https://youtu.be/wFL6cDvsUXo	10 30 min Cardio (includes some leg work) https://youtu.be/yUmN0jSXlvA
11 10 min Morning Stretch https://youtu.be/iSYz17Fh65w 20 min Cardio https://youtu.be/Qd7bk1O92Tc	12 40 min All-in-One Menopause Workout https://youtu.be/Gew8bclest4	13 25 min 140 bpm Dance Cardio https://youtu.be/F3BJR-4Ywlo 7 min Balance https://youtu.be/eL2-lj8nSR4	14 30 min All-in-One Secrets to Longevity https://youtu.be/TRzLLRR31f0	15 30 min Country Cardio https://youtu.be/_yqz8qoQA-8	16 15 min Strength https://youtu.be/O9PTFZcRA60 15 min Legs/Glutes Cardio https://youtu.be/84EwmPjJLdc	17 30 min Cardio; 130 bpm https://youtu.be/pjn8OOC1b0Q
18 30 min Japanese Walk https://youtu.be/mJ0s1Cq8Lf8 10 min Morning Stretch https://youtu.be/iSYz17Fh65w	19 40 min All-in-One Cardio Kickboxing https://youtu.be/PdOYcBCaQM0	20 30 min FAST Cardio; 130/150 bpm https://youtu.be/nluQOtLIbu0	21 50 min All-in-One https://youtu.be/tSArkZtTrqQ	22 30 min Dance Cardio; 125 bpm https://youtu.be/nW1sLPyf_U4	23 32 min Walk with weights https://youtu.be/zoKAN7UUTLQ 12 min Full Body https://youtu.be/FHNib8tLYpw	24 20 min Power Walk https://youtu.be/VGdlPNxqYrI 10 min Balance https://youtu.be/1AaAWRvKj1k
25 20 min Hiit (20 sec move, 10 sec rest) https://youtu.be/PhyEf57hqzo	26 15 min 1 Mile Walk https://youtu.be/zltw21j-Xr4 Day 1 Upper Body Strength https://youtu.be/x1MsCE3OBnc	27 10 min Walk https://youtu.be/MNYiyndHGGJ4 Day 2 Lower Body Strength https://youtu.be/y9411UdVuqY	28 20 min Fast Walk with intervals https://youtu.be/OZYDSQ0Ah_o 7 min Balance https://youtu.be/eL2-lj8nSR4	29 30 min Full Body All-in-One https://youtu.be/ju4kV9Baqk4 10 min Strength https://youtu.be/SEdlBwZQbHw	30 30 min 4000 Steps https://youtu.be/rev3WYnbkR4	31 20 min Dance Workout https://youtu.be/Qd7bk1O92Tc

