November 2026 - Beginner 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. 20 Min Walk at Home Workout for Heart Healthy Exercise 22:55 2. 10 Minute Tech Neck and Shoulder Stretches | Relieve Tension and Prevent Headaches 10:49	This 45-Min Standing Full-Body Workout Works EVERYTHING (Without the Floor) 45:08	Cardio Dance Workout with Classic Music of the 1950's | 50's Juke Box Dance Workout 23:31	Low-Impact Cardio & Strength Workout for Women Over 50 | At Home Workout 43:33	30 Minute Beginner Walk at Home | Optional Weights for More Intensity 33:23	All-in-One Strength & Balance Walking Workout for Seniors & Beginners 31:03	30-Minute Walking Cardio Workout for Beginners | Fun, Low Impact & Upbeat Music 33:29
Nov 8	**Nov 9**	**Nov 10**	**Nov 11**	**Nov 12**	**Nov 13**	**Nov 14**
1. WORKOUT to ABBA! | Mamma Mia Walking Workout 27:18 2. Seated Chair STRETCHES for Seniors/Older Adults/Beginners (10 minutes - to increase flexibility) 10:55	1. 10-Minute Walk at Home After Eating | Feel-Good Beginner Cardio 10:51 2. 15-Minute Strength Training for Women Over 50 | Full Body Workout with Modifications 16:28	1. 20 Min After Eating Walking Workout to Lower Blood Sugar and Lower Blood Pressure 22:30 2. DO THIS WORKOUT EVERY NIGHT to Lower Blood Sugars and Improve Sleep 22:12	1. 15 or 30-Min Beginner Strength Training at Home | Choose 1 or 2 Sets (Over 50 Friendly) 32:42 2. STANDING ABS WORKOUT for Beginners to Reduce Belly Fat and Build Stronger Abs 10:52	TABATA Workout with Stretching and Mindfulness for a Total Body and Mind Workout 39:21	1. Stronger After 50 Simple 10-Min Daily Strength Workout for Beginners 10:55 2. 15 min STANDING BARRE WORKOUT | No floor or jumping exercises 20:35	20-Minute Walk After Eating | BEGINNER Cardio to Support Healthy Blood Sugar 23:42
Nov 15	**Nov 16**	**Nov 17**	**Nov 18**	**Nov 19**	**Nov 20**	**Nov 21**
1. CHRISTMAS WALKING WORKOUT | Walk at Home 21:57 2. 12 Min Seated Stretching Exercises by the Lake | Gentle Mobility & Flexibility 12:19	All-in-One Workout Targeting the 4 Most Important Aspects of Fitness for Improved Health 31:38	2 Rounds TABATA Workout for Seniors and Absolute Beginners 28:22	BASIC FULL-BODY WORKOUT | Cardio, Strength, Balance, Core Work & Stretching | Perfect for Beginners 27:36	30 Minute LOW INTENSITY CARDIO for Fat Loss at Home // Beginner Friendly 32:08	Walking Workout for Seniors & Beginners including Strength, Balance & Flexibility 33:30	1980's Workout | Low Impact Cardio Workout with Popular Music from the '80s 28:45

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Nov 22 1. 15-Min Beginner Christmas Workout + Stretch | Low Impact & Festive Fun! 20:11 2. Seated Stretches for Seniors to do Every Day | Stretching Routine for Seniors 14:45	**Nov 23** 1. Strengthen Your Body with This Barre Workout for Seniors and Beginners 16:20 2. Standing Ab Workout with Weights for Over 50 | Build Core Strength Safely 12:12	**Nov 24** 30-Minute Walking Cardio Workout for Beginners | Fun, Low Impact & Upbeat Music 33:29	**Nov 25** 1. Do this Easy Strength & Balance Routine Every Day to Prevent Falls 12:37 2. 15-Minute Strength Training for Women Over 50 | Full Body Workout with Modifications 16:28	**Nov 26** 1. 20-Minute Low Impact Walk at Home for a Positive Energy Workout 22:32 2. 500,000 Strong! 15-Min Celebration Walk for Improved Health at Home 15:30	**Nov 27** 45-Minute Full Body Workout for Beginners | Cardio, Strength, Balance & Stretching 45:49	**Nov 28** Boost Your Energy: 20 MINUTES WALKING AT HOME | No Jumping or Squats! 22:44
Nov 29 1. 20-Minute Walk After Eating | BEGINNER Cardio to Support Healthy Blood Sugar 23:42 2. Seated Daily Stretch | Chair Exercises | Improved Health 12:16	**Nov 30** Full-Body Beginner Workout for Seniors | All-in-One Workout 25:52					