

IMPROVED HEALTH **OCTOBER** WORKOUT CALENDAR

BEGINNER LEVEL **CARDIO & STRENGTH** WORKOUTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try to add stretching videos in when time allows. 10 min Morning Standing Stretch https://youtu.be/iSYzl7Fh65w				1 21 min Japanese Walking Method https://youtu.be/R6lffRt7g0s 10 min Standing Abs https://youtu.be/GRhRwzr5jkh	2 45 min All-in-One https://youtu.be/2oEiarDPRhw	3 15 min Brain and Body Workout https://youtu.be/wKsjuENJiws 15 min 'Evening' Walk https://youtu.be/InUbb24xDjA
4 20 min Low Impact, 116-117 bpm https://youtu.be/UR0D0R2zdPY 7 min Balance https://youtu.be/eL2-lj8nSR4	5 40 min All-in-One, 123-124 bpm https://youtu.be/E0FpF0J0tg8	6 30 min Walk (with optional weights) https://youtu.be/W6pcARsXI6E	7 20 min All-in-One https://youtu.be/9Aouu7WQVOY 12 min Strength & Balance https://youtu.be/8EUChsWJjhU	8 20 min Walk; 119-121 bpm https://youtu.be/IA9yH2994vY 10 min Standing Abs https://youtu.be/Uz2BtNnc9Aw	9 30 min All-in-One https://youtu.be/i96SE0qyAjU 10 min Strength https://youtu.be/SEdIBwZQbHw	10 10 min Fit Over 50 https://youtu.be/tpFkB AQYkAo 15 min Walk https://youtu.be/LQKFpP_iHNM
11 20 min Walk, 120 bpm https://youtu.be/mw3Zos6c_gU	12 15 min Plyo Workout https://youtu.be/JFjvje hY5-U 10 min Standing Abs https://youtu.be/Uz2BtNnc9Aw	13 20 min HIIT https://youtu.be/bmYc5GME4IA 7 min Balance https://youtu.be/eL2-lj8nSR4	14 40 min All-in-One https://youtu.be/E0FpF0J0tg8 5 min Arms & Balance https://youtu.be/Btj6gnkDZxI	15 22 min Tabata (4 rounds) https://youtu.be/CJ4qkE23k4w	16 35 min Cardio & Strength (talking) https://youtu.be/_ju90x3W_jg 10 min Balance https://youtu.be/1AaAWRvKj1k	17 30 min Cardio (30 sec move, 15 sec walk) https://youtu.be/vd-sc3_H6sk
18 30 min Workout (45 sec move, 15 sec rest) https://youtu.be/4hgdCe96mc0	19 45 min All-in-One https://youtu.be/h0zl3GG80QQ	20 30 min Cardio https://youtu.be/kHx-PyUWF5w 7 min Balance https://youtu.be/eL2-lj8nSR4	21 45 min All-in-One https://youtu.be/2oEiarDPRhw	22 30 min Soca Dance Workout, 20/10 https://youtu.be/oB3Fpkz2zS4	23 10 min Warm-up Walk https://youtu.be/gggq5n9c1FqM 15 or 30 min Strength Workout https://youtu.be/dA0XAAEF68o	24 21 min Japanese Walk https://youtu.be/R6lffRt7g0s 10 min Standing Abs https://youtu.be/GRhRwzr5jkh
25 15 min Health Boost Walk; 118 bpm https://youtu.be/-X4DIsl7LJ1E 20 min Brain & Body https://youtu.be/YU_X-AUyUxE	26 17 min Isometric Strength https://youtu.be/M72dc1Tt-ZI 15 min Standing Abs with Cardio https://youtu.be/Eos-YLckwGA	27 30 min Cardio (30 sec move, 15 sec walk) https://youtu.be/vd-sc3_H6sk	28 30 min All-in-One Walk with Weights https://youtu.be/uWVlNJGuwQ8	29 20 min Country Cardio https://youtu.be/Sv26jHbj9mc 10 min Balance https://youtu.be/1AaAWRvKj1k	30 10 min Warm Up https://youtu.be/8AprlDmk0FY 15 min Strength (can do 1 or 2 times) https://youtu.be/O9PTFZcRA60	31 20 min Simple Feel-Good Cardio https://youtu.be/6h3BQjUBFiw

