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| FEBRUARY 2023 WORKOUT CALENDAR |
| IMPROVED HEALTH – INTERMEDIATE  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday **\*** | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | [30 min](https://youtu.be/AFuxEgu5FnM) [Cardio Workout](https://youtu.be/AFuxEgu5FnM)[(using spoons)](https://youtu.be/AFuxEgu5FnM) | [20 minute Cardio + 10 min Lower Body Exercises](https://youtu.be/ZjG9xPBqwKI) | [30 minute Interval Walking](https://youtu.be/7EWpc_X3Kzk)[Workout](https://youtu.be/7EWpc_X3Kzk) | [20 minute](https://youtu.be/-PDOpXTC3mc)[Dance Workout](https://youtu.be/-PDOpXTC3mc) |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| [24 min Walking Workout with weights](https://youtu.be/pjOSrDexY44) | [20 min Low](https://youtu.be/k1MV7Voa5X4)[Impact Cardio & 10 min Upper Body Strength](https://youtu.be/k1MV7Voa5X4) | [25 min No Equipment Cardio](https://youtu.be/7J75n3yQFB0)[Kickboxing](https://youtu.be/7J75n3yQFB0) | [40 minute Tabata Workout](https://youtu.be/nTTFZJnEw3c) | [20 min Hiit](https://youtu.be/YGw0eJzLad4)[Workout](https://youtu.be/YGw0eJzLad4) | [20 minute Cardio + 10 min Lower Body Exercises](https://youtu.be/ZjG9xPBqwKI) | [Classic Music 50’s Dance Workout](https://youtu.be/7fF4WqPkuO8) |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| [20 min Dance Workout](https://youtu.be/DrlPz5p_xnc) | [50 min all-in-one Workout](https://youtu.be/ov3SCkFOGVI) | [24 min Leg & Glute Focused Walking Workout](https://youtu.be/WDb7A4IhEx0) | [40 min all-in-one Workout](https://youtu.be/yZyE7JZf_5k) | [20 min Upper Body Toning Cardio Workout](https://youtu.be/HL3Z0u2HtxI) | [35 min Interval Walk & all-in-one](https://youtu.be/e5EjTrB0rwo) | [20 min](https://youtu.be/e5EjTrB0rwo)[Low Impact Dance Workout](https://youtu.be/e5EjTrB0rwo) |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| [9 min Breathe, Stretch & Tone](https://youtu.be/WST5oePI4bI) | [30 min Cardio & Lower Body](https://youtu.be/ZjG9xPBqwKI)[Strength](https://youtu.be/ZjG9xPBqwKI) | [1980’s Cardio](https://youtu.be/IP1C-Xji7Po) [Workout](https://youtu.be/IP1C-Xji7Po) | [20 min Low](https://youtu.be/k1MV7Voa5X4)[Impact Cardio & 10 min Upper Body Strength](https://youtu.be/k1MV7Voa5X4) | [30 minute Dance Workout](https://youtu.be/DdO29HTuP3k) | [45 min all-in-one Workout](https://youtu.be/IP1C-Xji7Po) | [39 min Tabata Workout](https://youtu.be/czCF5X0aLmk) |
| 26 | 27 | 28 |  |  |  |  |
| [18 min 2000 step Walking Workout](https://youtu.be/ZvWOzSU1W9Y) | [24 min Leg & Glute Focused Walking Workout](https://youtu.be/WDb7A4IhEx0) | [35 min Hiit Power Walk](https://youtu.be/ehW0K56xTZ0) |  |  |  |  |

**\***Add a workout of your choice, a walk outside, or a stroll around the mall if you want more minutes