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| FEBRUARY 2023 WORKOUT CALENDAR |
| IMPROVED HEALTH – GENTLE STANDING WITH SEATED OPTIONS |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | [Gentle Walk 15 minutes](https://www.youtube.com/watch?v=PEBag4n-Vrc&t=1s) | [Gentle Walk 10 minutes](https://www.youtube.com/watch?v=m0VCwj8UGCA&t=13s) | [All-in-one 1377 steps 31 minutes](https://www.youtube.com/watch?v=UeU_jdHo_e8&t=1s) | [Beginner Walk 1502 steps 15 minutes](https://www.youtube.com/watch?v=gtjEhdhJ7Bc) |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| [Recovery walk 10 minutes + optional:](https://www.youtube.com/watch?v=hJ17YWKjVjA)  [Seated stretch/ breathing/thankfulness 17-27 minutes](https://www.youtube.com/watch?v=79ufeJclpfE) | [All-in-one 1307 steps 29 minutes](https://www.youtube.com/watch?v=DIpw_AE6_bc) | [Beginner Strength 17 minutes](https://www.youtube.com/watch?v=ZYtp27B-iuw) | [Walking, no equipment: Arms 1798 steps 15 minutes](https://www.youtube.com/watch?v=sEgsesr04pU) | [All-in-one 31 minutes](https://www.youtube.com/watch?v=UeU_jdHo_e8) | [Strength Intro #1 17 minutes](https://www.youtube.com/watch?v=ZYtp27B-iuw) | [Gentle Walk 1116 steps 10 minutes + optional:](https://www.youtube.com/watch?v=q5MHrwATsmc)  [Seated Full Body Stretch 20 minutes](https://www.youtube.com/watch?v=LdW4i3KXXIk) |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| [Low Impact Walk 1200 steps 15 minutes](https://www.youtube.com/watch?v=PFi8YSG08Vc) | [Strength and Balance 13 minutes + optional:](https://www.youtube.com/watch?v=8EUChsWJjhU)  [Seated Range of Motion 20 minutes](https://www.youtube.com/watch?v=E2YqFYFLSbE) | [Walk/Stretch/ Mindfulness 20 minutes](https://www.youtube.com/watch?v=yV1M901uuWU) | [All-in-one 29 minutes](https://www.youtube.com/watch?v=DIpw_AE6_bc) | [Gentle Walking 1300 steps 10 minutes](https://www.youtube.com/watch?v=WpE6ETCy55k) | [Strength Intro #2 17 minutes](https://www.youtube.com/watch?v=Yam_b28iG9Y) | [Gentle Exercise 15 minutes](https://www.youtube.com/watch?v=7VBjpEQ2kn0) |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| [Gentle No Equipment 15 minutes](https://www.youtube.com/watch?v=VGA2bTXqtfQ) | [Absolute Beginner Tabata + Stretch 26 minutes](https://www.youtube.com/watch?v=QqoDbTt51R8) | [Gentle Interval 15 minutes + optional:](https://www.youtube.com/watch?v=jbLK7CCkAow)  [Gentle Seated 15 minutes](https://www.youtube.com/watch?v=rdihR3giOw4) | [Strength & Balance 17 minutes](https://www.youtube.com/watch?v=qciddTIumj8) | [Gentle Walk 20 minutes](https://www.youtube.com/watch?v=TCsmCYbKzoY) | [Cardio & Strengthening No Equipment 16 minutes](https://www.youtube.com/watch?v=KoqeiJHzo4s) | [All-in-one 25 minutes](https://www.youtube.com/watch?v=DJtq1Gdf1Z0) |
| 26 | 27 | 28 |  |  |  |  |
| [Balance - fall prevention 18 minutes](https://www.youtube.com/watch?v=lGPyab5XwQg) | [All-in-one 25 minutes](https://www.youtube.com/watch?v=DJtq1Gdf1Z0&t=542s) | [Gentle Walk 10 minutes + optional:](https://www.youtube.com/watch?v=f8tE-pLcn7o)  [Seated Stretching 20 minutes](https://www.youtube.com/watch?v=lDOsaAsIY2I) |  |  |  |  |