

Be Healthy Enough Monthly Workout Calendar

Theme: Workout Plans For Women Over 50 (each week is different)

You can pick and week and repeat it depending on your goals

Click on the day and it will take you right to the video!

JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Basic Full Body Strength	2 30 Min Cardio Tabata Style 1	3 Practical Pilates OR Basic Full Body Strength	4 30 Min Cardio In mission Bay	5 Basic Full Body Strength	6 Something Fun or Catch Up Day
7 Sunday Setup Restorative Full Body Stretch	8 10 Min Fat Burning Cardio 20 Min Lower Body Burn	9 10 Min Kick Boxing Cardio 20 Min Upper Body Burn	10 10 Min Intervals 20 Min Core Burn	11 10 Min Funky Dance Cardio 20 Min Lower Body Burn	12 10 M Fat Blasting Cardio 20 Min Upper Body Burn	13 10 Min Low Impact HIIT 20 Min Core Burn
14 Sunday Setup Core and Mobility Stretch	15 Full Body Strength, Bone and Balance	16 Bone Building Tabata Cardio	17 Standing Pilates	18 Lo and Hi Impact Bone Building Cardio	19 Full Body Strength, Bone and Balance	20 Something Fun or Catch Up Day
21 Sunday Setup Full Body Stretch For Tight Bodies	22 Strong Leg Day	23 Strong Arm - Push Day	24 Strong Core Day	26 Strong Arm - Pull Day	26 Active Recovery with the bar	27 Full Body Strength, Power, Endurance and Balance
28 Sunday Setup Standing Stretch and Mobility	29 30 Min Strength Burst	30 Active Recovery Day At The Beach	31			