


# Be Healthy Enough Monthly Workout Calendar

## Theme: Total Body Strength Challenge

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

Give yourself a BIG Check mark when you've completed a workout!

### MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31 Sunday Setup <u>Stretch</u>					1 30 Min Full Body <u>Mini Band</u>	2 Something Fun or Catch Up Day Or <u>Walk and</u> <u>Learn</u>
3 Sunday Setup <u>Stretch</u>	4 15 Min Full body OR 30 Min Muscle Group Long set	5 Standing Stretch and Mobility	6 15 Min Lower Body and Bone Bursts OR 30 Min Lower Body and Bone Bursts	7 15 Min Upper Body and Bone Bursts OR 30 Min Upper Body and Bone Bursts	8 Strengthen Your Core Level 1 OR 30 Min Wall Pilates	9 Something Fun or Catch Up Day Or <u>Walk and</u> <u>Learn</u>
10 Sunday Setup <u>Stretch</u>	11 30 Min Full Body <u>Strength, Bone</u> <u>and Balance</u>	12 Recovery Day Movement and Stretch	13 30 Min Lower Body Superset	14 30 Min Upper Body Superset	15 Strengthen Your Core Level 2	16 Something Fun or Catch Up Day Or <u>Walk and</u> <u>Learn</u>
17 Sunday Setup <u>Stretch</u>	18 30 Min Total Body Strength Core Focused	19 Recovery Day at the Beach	20 30 Min Lower Body Pyramid	21 30 Min Upper Body Pyramid	22 Strengthen Your Core Level 3	23 Something Fun or Catch Up Day Or <u>Walk and</u> <u>Learn</u>
24 Sunday Setup <u>Stretch</u>	25 30 Min Total Body Abs First	26 Core Mobility and Stretch	27 Lower Body <u>Burn In</u> <u>Arrowhead</u>	28 Upper Body <u>Basics</u>	29 Little Ball Cardio and Core	30 Something Fun or Catch Up Day Or <u>Walk and</u> <u>Learn</u>