

# Be Healthy Enough Monthly Workout Calendar

Theme: MIX IT UP!

August 2021

Click on the day and it will take your right to the video

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <a href="#">Mini Band Outdoor Strength</a> OR <a href="#">Strength Basics</a>	3 <a href="#">30 Min Step HIIT</a> OR <a href="#">30 Min Low Impact Turbo 20</a>	4 <a href="#">Practical Pilates</a>	5 <a href="#">Yoga Stretch</a>	6 <a href="#">Big Ball Cardio and Core</a>	7 <a href="#">Wrist Health Workout</a>
8 REST	9 <a href="#">30 min strength</a>	10 <a href="#">30 Min Step Cardio</a> OR <a href="#">30 Min HIIT</a>	11 <a href="#">ABSolutely Pilates</a>	12 <a href="#">Active Recovery and Stretch</a>	13 <a href="#">30 Min Little Ball Cardio and Core</a>	14 <a href="#">Strengthen that Pelvic Floor</a>
15 REST	16 <a href="#">45 Min Total Body Exercise Ball Workout</a>	17 <a href="#">30 Min Step HIIT</a> OR <a href="#">30 Min Low Impact Turbo 20</a>	18 <a href="#">30 Min Standing Pilates</a>	19 <a href="#">Full Body Foam Rolling</a>	20 <a href="#">Big Ball Cardio and Core</a>	21 <a href="#">Healthy Knees Workout</a>
22 REST	23 <a href="#">Mini Band Outdoor Strength</a> OR <a href="#">Strength Basics</a>	24 <a href="#">30 Min Low Impact Turbo 20</a>	25 <a href="#">Pilates All Levels</a>	26 <a href="#">Active Recovery and Stretch</a>	27 <a href="#">30 Min Little Ball Cardio and Core</a>	28 <a href="#">Healthy Feet Workout</a>
29 REST	30 <a href="#">ABS First Full Body Strength</a>	31 <a href="#">30 Min Dirty 30</a> OR <a href="#">35 Min Low Impact Cardio</a>				
						