

Be Healthy Enough Monthly Workout Calendar

August 2020

YOU PICK! Use the filter button to choose the recommended TYPE OF WORKOUT for each day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Improve Strength
2 Restore	3 Improve Cardio	4 Improve Core Strength	5 Improve Balance	6 Improve Flexibility	7 Improve Cardio	8 Improve Strength
9 Restore	10 Improve Core Strength	11 Improve Cardio	12 Improve Strength	13 Improve Flexibility	14 Improve Cardio	15 Improve Balance
16 Restore	17 Improve Cardio	18 Improve Core Strength	19 Improve Balance	20 Improve Flexibility	21 Improve Cardio	22 Improve Strength
23 Restore	24 Improve Core Strength	25 Improve Cardio	26 Improve Strength	27 Improve Flexibility	28 Improve Cardio	29 Improve Balance