

Be Healthy Enough Monthly Workout Calendar

Theme: Back to School Exercise!

September 2021

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Moving Yoga	2 Cardio and Core Pyramid HIIT	3 Strength Basics	4 You Pick Cardio Day or Long Walk
5 RESTORE	6 30 Min Low Impact Turbo 20	7 Strength Basics 2	8 Active Recovery and Stretch	9 30 Min Low Impact HIIT	10 ABSolutely Pilates	11 You Pick Cardio Day or Long Walk
12 RESTORE	13 30 Min Step HIIT Cardio	14 Strength Basics	15 Moving Yoga	16 Cardio and Core Pyramid HIIT	17 Strength Basics 2	18 You Pick Cardio Day or Long Walk
19 RESTORE	20 30 Min Low Impact Turbo 20	21 Strength Basics 2	22 Active Recovery and Stretch	23 35 Min HIIT Cardio	24 45 Min Intermediate Pilates	25 You Pick Cardio Day or Long Walk
26 RESTORE	27 40 Min Low Impact Turbo 20	28 Strength Basics 2	29 Moving Yoga	30 Cardio and Core Pyramid HIIT		
						