

Be Healthy Enough Monthly Workout Calendar

Theme: Heart Health Month

February 2021

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 30 Min Step Cardio	2 Strength Basics	3 30 Min Little Ball Cardio and Core	4 15 Min Classic Pilates	5 30 Min Dirty 30 (on my bike)	6 Strengthen that Pelvic Floor
7 REST	8 30 Min Low Impact Turbo 20	9 20 Min Core Burn	10 30 Min HIIT	11 Strength Basics	12 30 Min Low Impact Turbo 20	13 Strengthen that Pelvic Floor
14 REST	15 30 Min Step Cardio	16 Strength Basics	17 30 Min Little Ball Cardio and Core	18 30 Min Standing Pilates	19 30 Min Dirty 30 (on my bike)	20 Strengthen that Pelvic Floor
21 REST	22 30 Min Low Impact Turbo 20	23 ABSolutely Pilates	24 30 Min HIIT	25 Strength Basics	26 30 Min Low Impact Turbo 20	27 Strengthen that Pelvic Floor
28 REST						
						