

Be Healthy Enough Monthly Workout Calendar

Theme: Total Body Strength Challenge

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

MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Pilates HIIT (new)	2 Knee Friendly Cardio (new)	3 30 Min Strength Power (new)	4 Something Fun Catch Up Day or STRETCH
5 Sunday Setup	6 Lower Body Strength Superset	7 Upper Body Super Strength Supersets	8 Pilates on the Roller (new)	9 30 Min Dance Cardio (new)	10 30 Min Power Strength	11 Something Fun Catch Up Day or STRETCH
12 Sunday Setup	13 30 Min Strength Power (new)	14 Any Active Recovery	15 Pilates HIIT (new)	16 Knee Friendly Cardio (new)	17 30 Min Strength Power (new)	18 Something Fun Catch Up Day or STRETCH
19 Sunday Setup	20 Lower Body Strength Superset	21 Upper Body Super Strength Supersets	22 Pilates on the Roller (new)	23 30 Min Dance Cardio (new)	24 30 Min Power Strength	25 Something Fun Catch Up Day or STRETCH
26 Sunday Setup	27 30 Min Strength Power (new)	28 Any Active Recovery	29 Pilates HIIT (new)	30 Knee Friendly Cardio (new)	31 30 Min Strength Power (new)	