

# Be Healthy Enough Monthly Workout Calendar – Amy Picks

## Balance Month and New Content – Level 2

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>Balance Test &amp; 20 Min Core Burn</u>	2 <u>45 Min Low Impact Cardio</u>	3 <u>Standing Balance &amp; 15 Min Pilates</u>
4 <u>Foam Roll Lower And Foam Roll Upper And 15 Min Full Body Stretch</u>	5 <u>Full Body Burn</u>	6 <u>30 Min Low Impact Cardio</u>	7 <u>Absolutely Pilates</u>	8 <u>20 Min Low Impact HIIT &amp; Standing Balance</u>	9 <u>30 Min Total Body Everything</u>	10 <u>15 Min HIIT &amp; 20 Min Core Burn</u>
11 <u>Foam Roll Lower And Foam Roll Upper And 15 Min Full Body Stretch</u>	12 <u>20 Min Low Impact HIIT and 30 Min Total Body Strength</u>	13 <u>Standing Balance &amp; 15 Min Pilates</u>	14 <u>45 Min Low Impact Cardio</u>	15 <u>Challenge Your Balance</u>	16 <u>15 Min HIIT &amp; 20 Min Core Burn</u>	17 <u>Standing Balance &amp; 30 Min Posture Reset</u>
18 <u>Foam Roll Lower And Foam Roll Upper And 15 Min Full Body Stretch</u>	19 <u>Full Body Burn</u>	20 <u>30 Min Low Impact Cardio</u>	21 <u>Absolutely Pilates</u>	22 <u>20 Min Low Impact HIIT &amp; Standing Balance</u>	23 <u>30 Min Total Body Everything</u>	24 <u>15 Min HIIT &amp; 20 Min Core Burn</u>
25 <u>Foam Roll Lower And Foam Roll Upper And 15 Min Full Body Stretch</u>	26 <u>20 Min Low Impact HIIT and 30 Min Total Body Strength</u>	27 <u>Standing Balance &amp; 15 Min Pilates</u>	28 <u>45 Min Low Impact Cardio</u>	29 <u>Challenge Your Balance</u>	30 <u>15 Min HIIT &amp; 20 Min Core Burn</u>	31 <u>Balance Test &amp; 30 Min Posture Reset</u>