

# Be Healthy Enough Monthly Workout Calendar

Theme: Slow build up!

January 2021

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div data-bbox="1335 311 1696 534" style="border: 2px solid black; padding: 5px; display: inline-block;"> <b>Happy 2021</b>  <a href="#">Intermediate Yoga Flow</a> </div>	<a href="#">Wrist Health</a>
REST <sup>3</sup>	<a href="#">20 Min Low Impact Cardio</a> <sup>4</sup>	<a href="#">30 Min Total Body Strength</a> <sup>5</sup>	<a href="#">20 Min HIIT</a> <sup>6</sup>	<a href="#">15 Min Full Body Stretch</a> <sup>7</sup>	<a href="#">30 Min Total Body Strength</a> <sup>8</sup>	<a href="#">Healthy Knees</a> <sup>9</sup>
REST <sup>10</sup>	<a href="#">30 Min Low Impact Turbo 20</a> <sup>11</sup>	<a href="#">Strength Basics</a> <sup>12</sup>	<a href="#">30 Min HIIT</a> <sup>13</sup>	<a href="#">15 Min Chair Stretch</a> <sup>14</sup>	<a href="#">Strength Basics</a> <sup>15</sup>	<a href="#">Good Morning Back</a> <sup>16</sup>
REST <sup>17</sup>	<a href="#">45 Min Low Impact Cardio</a> <sup>18</sup>	<a href="#">45 Min Total Body Muscle Burn</a> <sup>19</sup>	<a href="#">30 Min Low Impact Turbo 20</a> <sup>20</sup>	<a href="#">Beginner Yoga Flow</a> <sup>21</sup>	<a href="#">45 Min Total Body Muscle Burn</a> <sup>22</sup>	<a href="#">Happy Hips</a> <sup>23</sup>
REST <sup>24</sup>	<a href="#">Cardio and Core</a> <sup>25</sup>	<a href="#">60 Min Total Body Endurance</a> <sup>26</sup>	<a href="#">45 Min Low Impact Cardio</a> <sup>27</sup>	<a href="#">DeStress Routine</a> <sup>28</sup>	<a href="#">60 Min Total Body Endurance</a> <sup>29</sup>	<a href="#">Healthy Feet</a> <sup>30</sup>
REST <sup>31</sup>						