

# March

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <a href="#">METABOLISM BOOSTING WORKOUT</a>	2 <a href="#">POSTURE EXERCISES</a>	3 <a href="#">EXERCISE BALL WORKOUT WITH WEIGHTS</a>	4 <a href="#">30 MINUTE ZUMBA</a>	5 <a href="#">UPPER AND LOWER BODY WORKOUT</a>
6 <a href="#">STRETCHES FOR BACK PAIN</a>	7 <a href="#">STRESS RELIEVING HIIT WORKOUT</a>	8 <a href="#">LOW IMPACT AB WORKOUT</a>	9 <a href="#">FULL BODY CHAIR WORKOUT</a>	10 <a href="#">RESISTANCE BAND ARM WORKOUT</a>	11 <a href="#">LOW IMPACT DANCE CARDIO</a>	12 <a href="#">ANKLE STRENGTHENING EXERCISES</a>
13 <a href="#">SEATED YOGA PRACTICE</a>	14 <a href="#">BALANCE TRAINING WITH WEIGHTS</a>	15 <a href="#">40 MINUTE FITNESS BLEND</a>	16 <a href="#">GET RID OF FLABBY UNDERARMS</a>	17 <a href="#">EXERCISES FOR STIFF NECK AND SHOULDERS</a>	18 <a href="#">SALSA FOR BEGINNERS + SALSA DANCE PRACTICE</a>	19 <a href="#">BREAK A SWEAT CARDIO</a>
20 <a href="#">GENTLE BEDTIME STRETCHES</a>	21 <a href="#">LOWER BODY WORKOUT</a>	22 <a href="#">HAMSTRING STRETCHES</a>	23 <a href="#">30 MINUTE GUIDED WALKING WORKOUT</a>	24 <a href="#">STABILITY BALL WORKOUT</a>	25 <a href="#">FALL PREVENTION EXERCISES</a>	26 <a href="#">SEATED STRENGTH EXERCISES</a>
27 <a href="#">30 MINUTE CARDIO</a>	28 <a href="#">AT-HOME GLUTE WORKOUT</a>	29 <a href="#">40 MINUTE ZUMBA</a>	30 <a href="#">STRENGTHEN &amp; LENGTHEN CORE</a>	31 <a href="#">GENTLE MOVEMENT FOR PAIN AND STIFFNESS</a>		