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Workouts excerpted from *Smarter Workouts*

JANUARY 2023

M	T	W	T	F	S	S
						1
2 Stability ball exercises for metabolic conditioning	3	4 Medicine ball exercises for core strength	5	6 Bodyweight exercises for mobility	7	8
9 Kettlebell exercises for metabolic conditioning	10	11 Stability ball exercises for core strength	12	13 Medicine ball exercises for mobility	14	15
16 Dumbbell exercises for metabolic conditioning	17	18 Bodyweight exercises for core strength	19	20 Kettlebell exercises for mobility	21	22
23 Bodyweight exercises for metabolic conditioning	24	25 Kettlebell exercises for core strength	26	27 Dumbbell exercises for mobility	28	29
30	31					

For more workouts, check out https://US.HumanKinetics.com/pages/active-at-home.