

S M T W T F S

Pretty Back & Arms

Toned Thighs

Butt Lift

Long Legs

Slim Waist

Body Trimdown

Sleep In

MARCH 2018

- **STRONG ARMS**
- **Love You Back**

4

- **NEW VIDEO**
- **Love you Thighs**
- **CURTAIN BURN**

5

- **BUTT SCULPTING**
- **Love you Butt**

6

- **TONED & BEAUTIFULL LEGS**
- **Love You Legs**

7

- **BEAUTIFUL ABS**
- **PRETTY LITTLE WAIST**
- **SLEEK OBLIQUE**

1

- **WORKOUT FLOW WEIGHT LOSS**
- **Pretty Lean Body**
- **BEAUTIFUL BACK**

2

3

- **BEAUTIFUL ARMS & BACK**
- **BINGO WINGS BURN**

11

- **NEW VIDEO**
- **INNER THIGHS & ABS**
- **HIPS & INNER THIGHS**

12

- **BUM TONING**
- **BUTT BALLETLATES**

13

- **CARDIO LEGS**
- **TONED CALVES**

14

- **FLOOR BARRE WAIST TRIMDOWN**
- **BEACH BODY ABS**
- **ABS SCULPTING**

15

- **SUMMERFIT CARDIO**
- **THIGHS, CORE & BACK**

16

17

- **PRETTY ARMS & BACK**
- **Love You Back**

18

- **NEW VIDEO**
- **SADDLEBAGS BURN**
- **TONED ABS & THIGHS**

19

- **SADDLEBAGS BURN**
- **PRETTY LEAN BODY**

20

- **LEGS SCULPTING**
- **SUMMERFIT LEGS**

21

- **BALLERINA WAIST**
- **BALLET ABS**
- **SUMMERFIT CORE**

22

- **LOVE HANDLES BURN**
- **CARDIO PILATES**

23

24

- **UPPER BODY & ARMS**
- **SWAN ARMS**

25

- **NEW VIDEO**
- **THIGHS, CORE & BACK**
- **FLOOR BARRE HIPS & THIGHS**

26

- **FLOOR BARRE BUTT & BACK**
- **BUTT Beach Body**

27

- **BEACH BODY LEGS**
- **LOVELY LEGS**

28

- **SLIM & BEAUTIFUL WAIST**
- **Muffin Top Burn**
- **ALL ABS WORKOUT**

29

- **TOTAL BODY SCULPTING**
- **Pretty Lean Body**

30

31