

S**M****T****W****T****F****Trimmed Thighs****Toned Butt****Long Legs****Total Body****Flat ABS****Back & Arms****Sleep In**

- **Strong & Flexible Thighs**

- **Strong & Flexible Hips**

1

- **WORKOUT FLOW WEIGHT LOSS**

- **PRETTY LONG LEGS**

2

- **SLEEK OBLIQUE ABS**

- **Love Handles Burn**

- **Long & Slim Core**

3

- **Strong And Flexible Back**

- **Stretches for Back**

4

5

- **Love you Thighs**

- **TONED ABS & THIGHS**

6

- **NEW VIDEO**

- **Love you Butt**

- **PRETTY LEAN BODY**

7

- **CARDIO LEGS**

- **Long & Slim Legs**

- **SUMMERFIT LEGS**

8

- **CARDIO PILATES**

- **Pretty Lean Body**

9

- **PRETTY LITTLE WAIST**

- **Muffin Top Burn**

- **BALLET ABS**

10

- **UPPER BODY & ARMS**

- **PRETTY ARMS & BACK**

11

12

- **INNER THIGHS & ABS**

- **THIGHS, CORE & BACK**

13

- **NEW VIDEO**

- **BUTT BALLETLATES**

- **BUTT SCULPTING**

14

- **Love You Legs**

- **Strong & Flexible Legs**

15

- **TOTAL BODY SCULPTING**

- **SUMMERFIT CARDIO**

16

- **SLIM & BEAUTIFUL WAIST**

- **ALL ABS**

- **BEACH BODY ABS**

17

- **BINGO WINGS BURN**

- **Love You Back**

- **STRONG ARMS**

18

19

- **SADDLEBAGS BURN**

- **HIPS & INNER THIGHS**

20

- **NEW VIDEO**

- **SADDLEBAGS**

- **BUTT Beach Body**

21

- **LOVELY LEGS**

- **TONED & BEAUTIFULL LEGS**

22

- **THIGHS, CORE & BACK**

- **BEAUTIFUL BACK**

23

- **BEAUTIFUL ABS**

- **FLOOR BARRE WAIST TRIMDOWN**

- **SUMMERFIT CORE**

24

- **SWAN ARMS**

- **BEAUTIFUL ARMS & BACK**

25

26

- **FLOOR BARRE HIPS & THIGHS**

- **CURTAIN BURN**

27

- **NEW VIDEO**

- **BUM TONING**

- **FLOOR BARRE BUTT & BACK**

28

- **BEACH BODY LEGS**

- **LEGS SCULPTING**

29

- **WORKOUT FLOW WEIGHT LOSS**

- **SUMMERFIT CARDIO**

30

- **BALLERINA WAIST**

- **ABS SCULPTING**

- **SLIM & BEAUTIFUL**

31

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