

S M T W T F S S

Upper Body shaper

Shape up Booty

Shape up Legs

Body Shape Up

Shape Thighs

Shape up Abs

RELAX

JUNE 2018

- Summer shape Waist
- Sleek Oblique Abs
- Pretty Little Waist

1 2

- Summer shape Full Body
- Beautiful arms & Back

3

- NEWEST WORKOUT
- Bum toning
- Saddlebags

4

- Lovely Legs
- Toned Calves
- Toned & be. Legs

5

- Long & slim Body
- Summerfit Cardio

6

- Summer shape Thighs
- Love you Thighs

7

- Love handles Burn
- All Abs
- Beautiful Abs

8

9

- Swan arms
- Love You back

10

- NEWEST WORKOUT
- Butt Balletlates
- Butt Sculpting

11

- Cardio Legs
- Summerfit Legs
- Long & slim Legs

12

- Cardio, long & slim
- Weight loss Flow

13

- Toned Abs & Thighs
- Saddlebags Burn

14

- Long & Slim Core
- Muffin top Burner
- Ballet Abs

15

16

- Strong Arms
- Pretty Arms
- Beautiful Back

17

- NEWEST WORKOUT
- Butt Beach body
- Saddlebags

18

- Strong & Flexible Hips
- Strong & flexible Thighs

19

- Summer shape body
- Cardio Pilates

20

- Thighs Core & Back
- Hips & Inner Thighs

21

- Slim & Beautiful Waist
- Floor Barre Waist
- Beach Body abs

22

23

- Stretches for Back
- Upper body & Arms

24

- NEWEST WORKOUT
- Barre Butt & back
- Bum Toning

25

- Beach Body Legs
- Legs Sculpting
- Pretty Long Legs

26

- Body Sculpting
- Pretty Lean Body

27

- Floor barre Hips & Thighs
- Curtain Burn
- Inner Thighs & Abs

28

- Ballerina Waist
- Summerfit Core
- Slim & Beautiful

29

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