

S M T W T F S

Toned Booty Trimmed Thighs Toned Upper Body Toned Legs Trimmed Abs Trimmed Body Rest Up

# August 2018

- Summer Shape Legs  
- Long & Strong legs  
- Long & slim Legs

- Long & Strong Abs  
- Sleek Oblique Abs  
- Ballet Abs

- Summer shape  
- Love you Thighs

- Bum toning  
- Saddlebags

- NEWEST WORKOUT  
- Summerfit Cardio  
- Cardio Pilates

- Beautiful arms & Back  
- Swan arms

- Toned Calves  
- Toned & be. Legs  
- Cardio Leas

- Pretty Little Waist  
- Floor Barre Waist  
- Summerfit Core

- Long Strong Out. Thighs  
- Toned Abs & Thighs

- Barre Butt &  
- Butt Balletlates

- NEWEST WORKOUT  
- Summer shape Full Body  
- Long & slim Body

- Beautiful Back  
- Upper body & Arms  
- Summer shape Waist

- Summerfit Legs  
- Strong & Flexible Hips  
- Beach Body Legs

- All Abs  
- Long & Slim Core  
- Slim & Beautiful Waist

- Curtain Burn  
- Saddlebags Burn

- Butt Beach body  
- Butt Sculpting

- NEWEST WORKOUT  
- Cardio, long & slim  
- Summer shape body

- Love You back  
- Pretty Arms

- Strong & flexible Thiahs  
- Pretty Long Legs

- Muffin top Burner  
- Ballerina Waist  
- Slim & Beautiful

- Long Strong Out. Thighs  
- Thighs Core & Back

- Saddlebags  
- Bum Toning

- NEWEST WORKOUT  
- Weight loss Flow  
- Summerfit Cardio

- Stretches for Back  
- Strong Arms

- Lovely Legs  
- Cardio Legs

- Inner Thighs & Abs  
- Beach Body abs  
- Beautiful Abs

- Hips & Inner Thighs  
- Floor barre Hips &

