

S M T W T F S

Toned Booty

Trimmed Body

Toned Upper Body

Trimmed Thighs

Trimmed Abs

Toned Legs

Rest Up

September 2018

- Bum toning

- Saddlebags

2

- NEWEST WORKOUT

- Pretty Lean Body

- Cardio Pilates

3

- Beautiful arms & Back

- Swan arms

4

- Summer shape

- Love you Thighs

- Hips & Inner Thighs

5

- Ballet Abs

- Pretty Little Waist

- Sleek Oblique Abs

- Summerfit Core

6

- Cardio Legs

- Strong & Flexible Hips

- Toned Calves

7

- Barre Butt &

- Butt Balletlates

9

- NEWEST WORKOUT

- Summer shape Full Body

- Long & slim Body

10

- Beautiful Back

- Upper body & Arms

- Summer shape Waist

11

- Toned Abs & Thighs

- Curtain Burn

- Long Strong Out. Thighs

12

- All Abs

- Long & Slim Core

- Slim & Beautiful

13

- Pretty Long Legs

- Lovely Leas

- Long & slim Legs

14

- Butt Beach body

- Butt Sculpting

16

- NEWEST WORKOUT

- Cardio, long & slim

- Summer shape body

17

- Love You back

- Pretty Arms

18

- Floor barre Hips & Thighs

- Saddlebags Burn

19

- Floor Barre Waist

- Ballerina Waist

- Slim & Beautiful

20

- Summerfit Legs

- Legs Sculpting

- Long & Strong legs

21

- Saddlebags

- Bum Toning

23

- NEWEST WORKOUT

- Weight loss Flow

- Summerfit Cardio

24

- Stretches for Back

- Strong Arms

25

- Thighs Core & Back

- Love you Thighs

- Long Strong Out. Thighs

26

- Inner Thighs & Abs

- Long & Strong Abs

- Beautiful Abs

27

- Summer Shape Legs

- Toned & be. Legs

- Strong & flexible Thighs

28

1

8

15

22

29