

S M T W T F S

Toned Booty	Trimmed Body	Toned Upper Body	Trimmed Thighs	Trimmed Abs	Toned Legs	Rest Up
	- NEWEST WORKOUT - Cardio, long & slim - Weight loss Flow	- Summer shape Waist - Strong Arms	- Thighs Core & Back - Saddlebags Burn	- Inner Thighs & Abs - Beautiful Abs - Long & Strong Abs	- Summer Shape Legs - Toned & be. Leas - Strong & flexible Thighs	
- Bum toning - Saddlebags	- NEWEST WORKOUT - Pretty Lean Body - Cardio Pilates	- Beautiful arms & Back - Swan arms	- Summer shape - Love you Thighs - Hips & Inner Thighs	- Ballet Abs - Pretty Little Waist - Sleek Oblique Abs - Summerfit Core	- Strong & Flexible Hips - Toned Calves	
- Barre Butt & - Butt Balletlates	- NEWEST WORKOUT - Summer shape Full Body - Long & slim Body	- Beautiful Back - Upper body & Arms	- Toned Abs & Thighs - Curtain Burn - Long Strong Out. Thighs	- All Abs - Long & Slim Core - Slim & Beautiful	- Pretty Long Legs - Lovelv Leas - Long & slim Legs	
- Butt Beach body - Butt Sculpting	- NEWEST WORKOUT - Cardio, long & slim - Summer shape body	- Love You back - Pretty Arms	- Floor barre Hips & Thighs - Saddlebags Burn	- Floor Barre Waist - Ballerina Waist - Slim & Beautiful	- Summerfit Legs - Legs Sculpting - Long & Strong legs	
- Saddlebags - Bum Toning	- NEWEST WORKOUT - Weight loss Flow - Summerfit Cardio	- Stretches for Back - Strong Arms	- Thighs Core & Back - Love you Thighs - Long Strong Out. Thighs			

October 2018