

S M T W T F S

Toned Booty	Trimmed Body	Toned Upper Body	Trimmed Thighs	Trimmed Abs	Toned Legs	Rest Up
- Bum toning - Saddlebags	- <u>NEWEST WORKOUT</u> - <u>Cardio, long & slim</u> - <u>Weight loss Flow</u>	- <u>Summer shape Waist</u> - <u>Strong Arms</u> - <u>Stretches for Back</u>	- <u>Thighs Core & Back</u> - <u>Saddlebags Burn</u> - <u>Long Strong Out. Thighs</u>	- <u>Inner Thighs & Abs</u> - <u>Beautiful Abs</u> - <u>Long & Strong Abs</u>	- <u>Summer Shape Legs</u> - <u>Toned & be. Leas</u> - <u>Strong & flexible Thighs</u>	8
- Barre Butt & - Butt Balletlates	- <u>NEWEST WORKOUT</u> - <u>Pretty Lean Body</u> - <u>Cardio Pilates</u>	- <u>Beautiful arms &</u> - <u>Swan arms</u>	- <u>Summer shape</u> - <u>Love you Thighs</u> - <u>Hips & Inner Thighs</u>	- <u>Ballet Abs</u> - <u>Pretty Little Waist</u> - <u>Sleek Oblique Abs</u>	- <u>Strong & Flexible Hips</u> - <u>Toned Calves</u>	15
- Butt Beach body - Butt Sculpting	- <u>NEWEST WORKOUT</u> - <u>Summer shape Full Body</u> - <u>Long & slim Body</u>	- <u>Beautiful Back</u> - <u>Upper body & Arms</u>	- <u>Toned Abs & Thighs</u> - <u>Curtain Burn</u> - <u>Long Strong Out. Thighs</u>	- <u>All Abs</u> - <u>Long & Slim Core</u> - <u>Slim & Beautiful</u>	- <u>Pretty Long Legs</u> - <u>Lovely Leas</u> - <u>Long & slim Legs</u>	22
- Saddlebags - Bum Toning	- <u>NEWEST WORKOUT</u> - <u>Cardio, long & slim</u> - <u>Summer shape body</u>	- <u>Love You back</u> - <u>Strong Arms</u> - <u>Pretty Arms</u>	- <u>Floor barre Hips & Thighs</u> - <u>Saddlebags Burn</u> - <u>Love you Thighs</u>	- <u>Floor Barre Waist</u> - <u>Ballerina Waist</u> - <u>Slim & Beautiful</u>	- <u>Summerfit Legs</u> - <u>Legs Sculpting</u> - <u>Long & Strong legs</u>	29
- Summerfit Cardio	- <u>NEWEST WORKOUT</u> - <u>Weight loss Flow</u> - <u>Summerfit Cardio</u>					31

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