

S

Leg Sculpting

M

Booty Sculpting

T

Abs Sculpting

W

Thighs Sculpting

T

Upper Body Sculpting

F

Body Sculpting

S

Rest Up

April 2019

- Cardio Legs

- Leg Loving

- Summerfit Legs

1
- Long & slim Legs

- Toned Calves

- Legs Sculpting

8
- Lovely Legs

- Total toned Legs

- Pretty Long Legs

15
- Slim & Beautiful

- Toned & be. Legs

- Strong & flexible

22/29

- NEWEST WORKOUT

- Bum toning

- Total Toned Bum

2
- NEWEST WORKOUT

- Butt Beach body

- Total Toned Bum

9
- NEWEST WORKOUT

- Butt Balletlates

16
- NEWEST WORKOUT

- Saddlebaqs

- Barre Butt & back

23/30

- Core Sculping

- Beautiful Abs

- Waist love

3
- Summerfit Core

- Ballerina Waist

- Sleek Oblique

10
- Slim & Beautiful
Waist

- Long & Slim Core

- All Abs

17
- Pretty Little Waist

- Inner Thighs & Abs

- Floor Barre Waist

24

- Hips & Inner Sculp

- Love you Thighs

- Hips & Inner

4
- Toned Abs &
Thighs

- Curtain Burn

- Long Strong Out. Thighs

11
- Floor barre Hips &
Thighs

- Saddlebags Burn

- Love you Thighs

18
- Cardio, long & slim

- Thighs Core & Back

- Love you Thighs

25

- Beautiful Back

- Pretty Arms

5
- Summerfit Cardio

- Swan arms

12
- Beautiful arms & Back

- Upper body &
Arms

19
- Strong Arms

- Love handles Burn

26

-Pretty Lean Body

- Cardio Pilates

- Total toned body

6
- Cardio, long &

- Weight loss Flow

- Long & slim Body

13
- Trimmed & Toned

- Abs & Thigh loving

- Summer Shape Legs

20
- Beautiful Back

- Summer shape Full
Body

27

7

14

21

28