

**S M T W T F S**

**Graceful Upper Body**

**Graceful Booty**

**Graceful Abs**

**Graceful Thighs**

**Graceful Body**

**Graceful Legs**

**Rest Up**

- NEWEST WORKOUT
- 100 plies

- Ballet Abs
- Long & Strong Abs
- Summer shape Waist

- Saddlebags Burn
- Floor barre Hips &
- Summer shape

- Pretty Lean Body
- Beautiful Back
- Abs & Thigh loving

- Cardio Legs
- Lovely Legs
- Pretty Long Legs

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- Upper body & Arms
- Beautiful arms & Back

- NEWEST WORKOUT
- Bum toning
- Total Toned Bum

- Core Sculpting
- Beautiful Abs
- Waist love

- Curtain Burn
- Cardio, long & slim
- Toned Abs &

- Summer Shape Legs
- Cardio Pilates
- Total toned body

- Summerfit Legs
- Toned & be. Legs
- 100 plies

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- Pretty Arms
- Swan arms

- NEWEST WORKOUT
- Butt Beach body
- Love you Thighs

- Summerfit Core
- Ballerina Waist
- Sleek Oblique

- Love you Thighs
- Thighs Core & Back
- Hips & Inner Thighs

- Cardio, long & slim
- Long & slim Body
- Weight loss Flow

- Total toned Leas
- Slim & Beautiful
- Toned Calves

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- Summerfit Cardio
- Love handles Burn

- Newest Workout
- Butt Balletlates
- Total Toned Bum

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

- Long Strong Out. Thighs
- Long & slim Leas
- Hips & Inner Sculp

- Trimmed & Toned
- Strong Arms
- Summer shape Full Body

- Legs Sculpting
- Strong & flexible
- Leg Loving

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- Strong Arms
- Stretches for Back

- NEWEST WORKOUT
- Saddlebaqs
- Barre Butt & back

- Pretty Little Waist
- Inner Thighs & Abs
- Floor Barre Waist

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