

**S****M****T****W****T****F****S**

Lush Legs

Fresh Upper Body

Active Abs

Body trimdown

Healthy Body

Blissfull Booty

Rest Up

# May 2020

- 100 plies

-Love you Bum

- Hips &amp; Inner Sculp

1

2

- Cardio Legs

- NEWEST WORKOUT

-Wonderfall Waist

- 100 plies

-Graceful Body

- Strong &amp; Flexible

-Wonderfall Inner thighs

- Graceful arms

-Gracefull Waist

- Beautiful Back

- Butt Balletlates

- Long Strong Out. Thighs

- Summerfit Legs

- Pretty Arms

- Long &amp; Strong Abs

- Slim &amp; Beautiful

-Wonderfall Hips

- Saddlebags Burn

3

4

5

6

7

8

9

- 100 plies

- NEWEST WORKOUT

- Beautiful Abs

- Summerfit Cardio

- Love you Thighs

- Summer shape

-Gracefull Legs

- Love handles Burn

- Pretty Little Waist

- Cardio, long &amp; slim

-Pretty Lean Body

- Long &amp; Strong

- Legs Sculpting

- Beautiful arms &amp; Back

- Trimmed &amp; Toned

- Strong &amp; flexible

- Bum toning

- Total Toned Bum

10

11

12

13

14

15

16

- Pretty Long Legs

-Newest Workout

- Ballerina Waist

- Cardio Pilates

- Inner Thighs &amp; Abs

- Love you Thighs

- Lovely Legs

- Swan arms

- Waist love

- Long &amp; slim Legs

- Saddlebaqs

- Thighs Core &amp; Back

- Toned Calves

- Stretches for Back

- Core Sculpting

- Hips &amp; Inner Thiqhs

- Total Toned Bum

- Floor barre Hips &amp; Thiqhs

17

18

19

20

21

22

23

- Summer Shape Legs

- NEWEST

- Floor Barre Waist

- 100 plies

- Toned &amp; be. Legs

- Cardio Legs

- Leg Loving

- Strong Arms

- All Abs

- Curtain Burn

- Barre Butt &amp; back

- Long Strong Out. Thighs

- Long &amp; slim Legs

- Upper body &amp; Arms

- Long &amp; Slim Core

- Toned Abs &amp; Thighs

- Weight loss Flow

- Abs &amp; Thigh loving

24

25

26

27

28

29

30