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Happy Legs

Happy Upper Body

Happy Booty

Total Happy

Happy Abs

Happy Body

Rest Up

- 100 plies
- Cardio Legs
- Legs Sculpting

1

- NEWEST WORKOUT
- Beautiful Back
- Strong Arms

2

- Cardio Pilates
- Long & slim Body
- Long Strong Out. Thighs

3

- Pretty Lean Body
- Total toned body
- Weight loss Flow

4

- Ballet Abs
- Ballerina Waist
- Sleek Oblique

5

- 100 plies
- Cardio Leas
- Strong & Flexible Hips

6

7

- Slim & Beautiful
- Summerfit Leas
- Leg Loving

8

- NEWEST WORKOUT
- Summerfit Cardio
- Pretty Arms

9

- Butt Balletlates
- Cardio Legs
- Love you Thighs

10

- Cardio Pilates
- Summer shape Full
- Beautiful Back

11

- Cardio, long & slim
- Pretty Little Waist
- Trimmed & Toned

12

- Saddlebaqs Burn
- Summer shape
- Love you Thighs

13

14

- Total toned Legs
- Long & slim Legs
- Toned Abs & Thighs

15

- NEWEST WORKOUT
- Love handles Burn
- Beautiful arms & Back

16

- Total Toned Bum
- Lovely Leas
- Bum toning

17

- Strong Arms
- Pretty Lean Body
- Summerfit Cardio

18

- Long & Slim Core
- Waist love
- Core Sculpting

19

- Long & Strong
- Floor barre Hips & Thighs
- Long & slim Legs

20

21

- Strong & flexible
- 100 plies
- Hips & Inner Thighs

22

- Newest Workout
- Swan arms
- Stretches for Back

23

- Butt Beach body
- Saddlebaqs
- Total Toned Bum

24

- Summer Shape Legs
- Cardio, long & slim
- Summerfit Core

25

- Floor Barre Waist
- All Abs
- Saddlebags

26

- Long Strong Out. Thighs
- Hips & Inner Sculp
- Thighs Core & Back

27

28

- Toned Calves
- Pretty Long Legs

29

- NEWEST WORKOUT
- Strong Arms
- Upper body & Arms

30

- Toned & be. Legs
- Barre Butt & back
- Beautiful Abs

31

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