

# FEBRUARY 2017

SUN

ARM BLAST

MON

SLEEK OBLIQUES

TUES

LOVELY LEGS

WED

CARDIO BURN

THURS

TOTAL BODY

FRI

REST UP

SAT

BUILD A BUTT

NO MATTER HOW YOU FEEL,  
GET UP, DRESS UP, SHOW UP, AND  
NEVER GIVE UP.

- Hip Hop Fat Burn
- HIIT My Abs Hard!!!
- Lower Belly Flattener
- 5 Min Fat Attack
- Summer Sweatfest

- GROUNDHOG DAY**
- Flat Stomach Fat Melter!
  - Lean & Sculpted Body
  - Playa del Plank

- Relax with Me Stretch Routine
- The BEST Stretches for Chilling Out
- 3 Cheap, Easy & Healthy Make-Ahead Breakfast Ideas!

- Booty Poppin // PIIT
- Butt WO for a Nice Shaped Booty!
- Lower Abs & Booty Blast
- Brutal Booty
- Rainbow Butt Song Challenge!

**SUPERBOWL SUNDAY**

- Lean & Toned Arms // PIIT
- Quick Burn Tricep WO!
- Arm Fat Blaster
- Exercises for Better Posture

- NEW VID!**
- Spring Fling 2: Fat Loss Cardio WO
  - Core Crusher
  - Happy Hard Core Ab WO
  - Oblique Killer Challenge

- Quick Sweat Fat Burning Circuit!
- Abs, Butt & Thighs
- 4 Min to Flat Abs & Toned Thighs
- Quick Burn Saddlebags Slimdown!

- Snowbunny Blast
- Fat Burning Cardio!
- 5 Min Fat Burner
- Quiet Cardio Ahhh!
- 5 Best Exercises to Flatten your Lower Belly

- Fat Burning Cardio Warmup
- Spring Leaning Slimdown
- Slim 'n Sculpt
- The Official Prom Dress WO

- Ultimate Daily Stretching Routine
- How to Do a Headstand
- How to Make Peanut Butter Fudge

- Train Insane HIIT WO!
- The Bold & the Bootiful WO!
- Quick Burn Booty & Thighs
- Build a Booty WO
- 5 Min Beautiful Booty

- Fun Indoor Cardio WO
- Weightless Arm WO
- Sleek Tank Top Arms
- Arms on Fire
- 5 Min Toned Arms

- NEW VID!**
- Pumped Up Cardio Warmup!
  - TURBO Obliques
  - Extreme Muffintop Crushing WO!
  - Belly Bloat Blaster WO

- VALENTINE'S DAY**
- Gorgeous Legs // Cardio Beat
  - Perfect Legs WO
  - Plié Squat Challenge!
  - Quick Burn Inner Thigh WO!

- Fat Destroyer
- POP Cardio Carnage!
- Flat Belly Fat Burner
- Like Money Apartment Friendly POP Cardio
- Heartbeat Heaven HIIT WO

- The 100 Burpee Burnout
- The Ultimate Hot Body WO
- Crazy Abs, Butt & Legs WO
- Total Body Pilates WO

- Stretching for Leg Flexibility
- Wake Up with Me WO
- 3 Quick & Easy Post Workout Snack Ideas!

- Quick Sweat // Cardio Beat
- Butt Lifting & Thigh Sculpting WO
- 10 Min Butt Lift Challenge
- TURBO Butt Shaper
- Beach Ready Butt WO

- 8 Min At Home Cardio WO!
- Toned & Defined Arms WO!
- Toned Arms & Sculpted Back
- The Ultimate Butt, Back & Arms Challenge!
- Quick Burn Arms!

- PRESIDENT'S DAY**
- NEW VID!**
- 4 Min to a Hot Body WO
  - Muffintop Massacre
  - Quick Burn Obliques!

- Leg Slimming WO // PIIT
- 8 Min Bikini Thighs WO!
- 5 Best Thigh Slimming Exercises
- Quick Burn Calves
- TURBO Sleek & Slim Legs

- Heart on Fire
- Quick Cardio Warm Up
- Hip Hop Fat Burn
- Fat Burning Dance WO
- 6 Min to a Sexy Little Waist!

- Total Body Slim Down // PIIT
- Total Body WO Challenge
- Spring Fling 1: Toning WO
- 8 Min Bikini Body WO!

- 9 Steps to Doing the Splits!
- Feel Good Soul Stretches
- Sushi Pizza

- Quick Cardio Booty Blast
- Glutes & Thighs Trimdown
- 6 Min to a Sexy Booty!
- Butt Lift & Slim Thighs
- 5 Best Butt Exercises

- Fat Burning Ladder
- 6 Min to Sexy Arms!
- Back Attack!
- Quick Burn Standing Back WO!
- Backless Dress WO

- NEW VID!**
- Intense Ab Burn // PIIT
  - Flat Abs WO
  - Extreme Abs 3
  - 8 Min Abs & Obliques WO!

- 5 Min Flat Abs!
- Sculpted Legs in Skinny Legging WO
- 30 Day Thigh Slimming Challenge
- 5 Min Long Lean Legs
- 6 Min to Sexy Thighs

WHERE TO FIND THE VIDEOS:

1. GO TO [YOUTUBE.COM/BLOGILATES](http://YOUTUBE.COM/BLOGILATES)
2. CLICK ON "PLAYLISTS"
3. CLICK PLAY ON THE CORRECT DATE AND START MOVING!