

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.

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
2. CLICK ON "PLAYLISTS"
3. CLICK PLAY ON THE CORRECT DATE AND START MOVING!