

March 2017

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

SUNDAY BUNDAY

ABTASTIC

SEXY BACK + ARMS

HUMP DAY HIIT

GET LOW

FLEXIBLE FRIDAY

TOTAL BODY SERIES

Get Flexy with me!
Go to blogilates.com for deets



- 5
- Quick Sweat Fat Burning Circuit
 - Butt WO for a Nice Shaped Booty!
 - 6 Min to a Sexy Booty
 - Brutal Booty
 - 5 Best Butt Exercises
 - #StretchRevolution

- 6
- NEW VIDEO!**
- 4 Min to a HOT BODY WO
 - Best Ab Exercises for a Toned Tummy!
 - 5 Best Exercises to Flatten your Lower Belly
 - Flat Abs WO
 - #StretchRevolution

- 7
- Lean & Toned Arms // PIIT
 - Complete Arms WO
 - 6 Min to Sexy Arms!
 - Back Attack
 - The Ultimate Butt, Back & Arms Challenge
 - #StretchRevolution

- 8
- WOMEN'S DAY**
- Fat Burning Ladder
 - 8 Min at Home Cardio WO
 - The 100 Burpee Burnout
 - The Ultimate 2016 Ab WO
 - #StretchRevolution

- 9
- 5 Min Fat Attack
 - 5 Min Long Lean Legs
 - Quick Burn Saddlebags Slimdown
 - Butt Lift & Slim Thighs
 - 6 Min to Sexy Thighs
 - #StretchRevolution

- 10
- Stretching for Flexibility!
 - Feel Good Soul Stretches
 - Acai Bowls
 - #StretchRevolution

- 11
- Total Body Slimdown // PIIT
 - 8 Min Abs & Obliques WO
 - 8 Min Bikini Butt WO
 - 7 Min Bikini Thighs WO
 - 8 Min Bikini Body WO
 - #StretchRevolution

- 12
- DAYLIGHT SAVINGS**
- 5 Min Fat Burner
 - 10 Min Butt Lift Challenge
 - Build a Booty WO
 - The Bold & the Bootiful WO
 - #StretchRevolution

- 13
- NEW VIDEO!**
- Like Money Apt Friendly POP Cardio
 - Lower Belly Flattener
 - Intense Ab Mania WO
 - Goodbye Muffintop WO
 - #StretchRevolution

- 14
- Quiet Cardio Shhh!
 - Quick Burn Tricep WO
 - Back on Fire
 - Arm Fat Blaster
 - TURBO Toned Arms WO
 - #StretchRevolution

- 15
- Spring Fling 2
 - Quick Cardio Warm Up
 - Quick Burn Obliques!
 - Flat Stomach Fat Melter
 - Heartbeat Heaven HIIT WO
 - #StretchRevolution

- 16
- POP Cardio Carnage
 - Abs, Butt and Thighs
 - Quick Burn Inner Thigh WO
 - 30 Day Thigh Slimming Challenge
 - #StretchRevolution

- 17
- ST PATRICK'S DAY**
- Ultimate Daily Stretching Routine
 - Stretching for Leg Flexibility
 - Creative, Healthy Lunch Ideas
 - #StretchRevolution

- 18
- Quick Sweat Fat Burning Circuit
 - Arms on Fire
 - Legs on Fire
 - Abs on Fire
 - Butt on Fire
 - #StretchRevolution

- 19
- Booty Poppin // PIIT
 - Serious Standing Pilates for Legs, Butt & Obliques
 - 5 Min to a Beautiful Booty
 - Perky Butt 'n Long Lean Legs
 - Rainbow Butt Song Challenge!
 - #StretchRevolution

- 20
- FIRST DAY OF SPRING**
- NEW VIDEO!**
- Fat Burning Ladder
 - 1000 Abs Challenge
 - #StretchRevolution

- 21
- Summer Sweatfest
 - Weightless Arm WO
 - Exercises for Better Posture
 - Push Up Challenge
 - Sleek Tank Top Arms
 - #StretchRevolution

- 22
- Pumped Up Cardio Warmup!
 - Heart on Fire
 - Snowbunny Blast
 - Total Body Slim Down // PIIT
 - 6 Min to a Sexy Little Waist
 - #StretchRevolution

- 23
- Gorgeous Legs // Cardio Beat
 - Butt Lifting & Thigh Sculpting WO
 - Quick Burn Legs!
 - Perfect Legs WO
 - Intense Inner Thigh Challenge
 - #StretchRevolution

- 24
- How to do a Headstand
 - Wake Up with Me WO
 - Best Homemade Pizza + Breadsticks
 - #StretchRevolution

- 25
- Hip Hop Fat Burn
 - Sexy Sculpted Legs WO
 - Toned Arms & Sculpted Back
 - Slim Waist WO
 - #StretchRevolution

- 26
- Fat Burning Cardio
 - Can I do 1000 Squats?
 - #StretchRevolution

- 27
- NEW VIDEO!**
- Intense Ab Burn // PIIT
 - Extreme Abs WO
 - Perfect 10 Abs!
 - Clapper Song Challenge
 - #StretchRevolution

- 28
- Belly Bloat Blaster WO
 - Backless Dress WO
 - Toned & Defined Arms WO
 - Quick Burn Standing Back WO
 - 5 Min Toned Arms
 - #StretchRevolution

- 29
- 8 Min at Home Cardio WO
 - Lower Abs & Booty Blast
 - Fat Burning Dance WO
 - Fat Destroyer
 - Fat Burning Cardio Warmup
 - #StretchRevolution

- 30
- Leg Slimming WO // PIIT
 - BB2: Sexy Legs WO Pt 1
 - Plie Squat Challenge!
 - BB2: Sexy Legs WO Pt 2
 - Sculpted Legs in Skinny Leggings WO
 - #StretchRevolution

- 31
- The BEST Stretches for Chilling Out
 - Relax with Me Stretch Routine
 - 4 Energy Boosting Snacks!
 - #StretchRevolution