

# April 2017

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AMAZING ABS

GLUTE BLAST

UPPER BOD TONE UP

WORK IT WEDNESDAY

LOVE THEM LEGS

RECHARGE DAY

SEXY SCULPT

*you only fail when you stop trying...*

- 8 Min At Home Cardio WO!
- Total Body WO Challenge
- Lean & Sculpted Body
- Ultimate Fat Burn WO

- Fun Indoor Cardio WO
- The ULTIMATE 2016 AB WO!
- Extreme Abs 3
- Perfect 10 Abs!
- POP Pilates OBLIQUES Challenge!

- NEW VID!** ★
- Booty Poppin // PIIT
- Lift Your Booty WO
- Butt WO for a Nice Shaped Booty!
- 5 Best Butt Exercises

- Spring Fling 2: FAT LOSS Cardio WO
- Complete Arms WO
- Exercises for Better Posture
- Sexy Toned Arms WO
- Quick Burn Arms!

- Quick Cardio Warm Up
- Hip Hop Fat Burn
- Train Insane HIIT WO!
- Flat Stomach Fat Melter!
- 6 Min to Sexy Abs

- HIIT My Abs Hard!!!
- Best Thigh Exercises for Toned Legs!
- Perfect Legs WO
- 5 Min Long Lean Legs
- Toned Thighs WO

- Stretching for Leg Flexibility!
- Total Body Stretch
- 10 Quick & Healthy Snacks

- Fat Burning Cardio Warmup
- Slim 'n Sculpt!
- Crazy Abs, Butt, & Legs WO
- Playa del Plank
- Ultimate Fat Burn WO

- Intense Ab Burn // PIIT
- 8 Min Abs & Obliques WO!
- Intense Ab Mania WO
- Happy HARD CORE Ab WO
- Quick Burn Obliques!

- NATIONAL SIBLINGS DAY** 🐻🐻
- NEW VID!** ★
- Quick Cardio Booty Blast
- Abs, Butt and Thighs
- 6 Min to a Sexy Booty!

- Lean & Toned Arms // PIIT
- Arm Fat Blaster
- 5 Min Toned Arms
- Weightless Arm WO
- Back Attack!

- Summer Sweatfest
- Flat Belly Fat Burner
- Pumped Up Cardio Warmup!
- SNOWBUNNY BLAST
- Extreme Abs WO 2

- Leg Slimming WO // PIIT
- Quick Burn SADDLEBAGS Slimdown!
- 30 Day Thigh Slimming Challenge
- Legs on Fire
- 6 Min to Sexy Thighs

- How to do a Headstand
- Ultimate Daily Stretching Routine
- Rainbow Smoothie

- Total Body Slim Down // PIIT
- 8 Min Bikini Body WO!
- The ULTIMATE Hot Body WO
- Spring Leaning Slimdown

- EASTER** 🐣
- FAT BURNING Cardio!
- Best Ab Exercises for a Toned Tummy!
- Goodbye Muffintop WO
- 5 Best Exercises to Flatten your Lower Belly
- 6 Min to a Sexy Little Waist!

- NEW VID!** ★
- Quick Sweat Fat Burning Circuit!
- Build a Booty WO
- Hips Butt 'n Thighs Super Shaper WO
- Lift Your Booty WO

- TAX DAY** 📅
- 8 Min At Home Cardio WO!
- Back on Fire
- Toned Arms & Sculpted Back
- Sexy Toned Arms WO

- 4 Min to a HOT BODY WO
- 10 Min Ab Sculpting WO
- Quiet Cardio Shhh!
- 5 Min Fat Attack
- The 100 Burpee Burnout

- Gorgeous Legs // Cardio Beat
- Intense INNER THIGH Challenge!
- 5 Best THIGH SLIMMING Exercises
- Quick Burn Calves!
- Sculpted Legs in Skinny Leggings WO

- Amazing Upper Back & Leg Stretches
- 9 Steps to doing the Splits!
- Pink Lemonade Sorbet Cups

- EARTH DAY** 🌍
- POP Cardio Carnage!
- WHOA WHOA!!! Whole Body WO
- Total Body Pilates WO
- Spring Fling 1: Toning WO

- Heartbeat Heaven HIIT WO
- 1000 Abs Challenge
- 3 Min LOWER ABS

- NEW VID!** ★
- Heart on Fire
- 5 Min Beautiful Booty
- Brutal Booty
- Lower Abs & Booty Blast

- HIIT My Abs Hard!!!
- Arms On Fire
- The Ultimate Butt, Back & Arms Challenge!
- Quick Burn TRICEP WO!
- 6 Min to Sexy Arms!

- Fat Burning Ladder
- Quick Sweat // Cardio Beat
- Fat Destroyer
- 5 Min FAT BURNER
- 5 Best & Most Effective Ab Exercises

- Flat Stomach Fat Melter!
- Glutes & Thighs Trimdown
- Toned Thighs WO
- Butt Lifting & Thigh Sculpting WO
- Quick Burn Booty & Thighs WO!

- Feel Good Soul Stretches
- The BEST Stretches for Chilling Out
- Happy Bowl

- Fat Burning Dance WO
- Total Body WO Challenge
- The Official Prom Dress WO
- Ultimate Fat Burn WO

- Summer Sweatfest
- EXTREME ABS WO
- Muffintop Massacre