

# May 2017

sun

**ABS OF STEEL**

If it says 4x, do the vid 4 times for a full workout!

K! 

mon

**TIGHTEN & TONE**

Fat Burn Focus 4x **NEW** <sup>1</sup>



tue

**BOOTY LIFT**


BOOTY FOCUS 4x <sup>2</sup>



wed

**SWEAT IT OUT**


SNOWBUNNY BLAST 4x <sup>3</sup>



thur

**THIGH ATTACK**

Leg Slimming WO // PIIT 4x <sup>4</sup>



fri

**FLEXIBILITY TRAINING**


**CINCO DE MAYO**  <sup>5</sup>

- Total Body Stretch
- 9 Steps to doing the Splits!
- 3 Sweet & Savory Breakfast Ideas


sat

**AWESOME ARMS**


Lean & Toned Arms // PIIT 4x <sup>6</sup>




Abs Focus 4x <sup>7</sup>



Legs Focus 4x **NEW** <sup>8</sup>




BOOTY FOCUS 4x <sup>9</sup>



Fat Burn Focus 4x <sup>10</sup>




Leg Slimming WO // PIIT 4x <sup>11</sup>




Relax with Me Stretch Routine


- Ultimate Daily Stretching Routine
- Acai Bowls

Lean & Toned Arms // PIIT 4x <sup>13</sup>



**MOTHER'S DAY**  <sup>14</sup>


Abs Focus 4x




Arms Focus 4x **NEW** <sup>15</sup>




BOOTY FOCUS 4x <sup>16</sup>



Fat Burn Focus 4x <sup>17</sup>




Legs Focus 4x <sup>18</sup>




Stretching for Leg Flexibility!


- The BEST Stretches for Chilling Out
- 3 Healthy Lunch Ideas!

**ARMED FORCES DAY**  <sup>20</sup>

Lean & Toned Arms // PIIT 4x




Abs Focus 4x <sup>21</sup>



Total Body Slim Down // PIIT 4x


Stretch Focus **NEW** <sup>22</sup>



BOOTY FOCUS 4x <sup>23</sup>



Fat Burn Focus 4x <sup>24</sup>




Legs Focus 4x <sup>25</sup>



Stretch Focus


- Stretching for Flexibility!
- 5 Easy Meal Prep Recipes



Arms Focus 4x <sup>27</sup>



Abs Focus 4x <sup>28</sup>



**MEMORIAL DAY**  <sup>29</sup>

**NEW VIDEO** **NEW**


Fat Burning PIIT 3x



BOOTY FOCUS 4x <sup>30</sup>



Fat Burn Focus 4x <sup>31</sup>



**\$15 OFF**  <sup>28</sup>

**Transformation Pack!**

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# May 2017

sun	mon	tue	wed	thur	fri	sat
<b>ABS OF STEEL</b> If it says 4x, do the vid 4 times for a full workout! K!	<b>TIGHTEN &amp; TONE</b> Fat Burn Focus 4x <b>NEW</b> 	<b>BOOTY LIFT</b> BOOTY FOCUS 4x 	<b>SWEAT IT OUT</b> Sweat It Out Focus 4x 	<b>THIGH ATTACK</b> Thigh Slimming WO // PIIT 4x 	<b>FLEXIBILITY TRAINING</b> <b>CINCO DE MAYO</b> Total Body Stretch 9 Steps to doing the Splits! 3 Sweet & Savory Breakfast Ideas	<b>AWESOME ARMS</b> Lean & Toned Arms // PIIT 4x 
Abs Focus 4x 	Legs Focus 4x <b>NEW</b> 	BOOTY FOCUS 	Sweat It Out Focus 4x 	Thigh Slimming WO // PIIT 4x 	Relax with Me Stretch Routine Ultimate Daily Stretching Routine Acai Bowls	Lean & Toned Arms // PIIT 4x 
<b>MOTHER'S DAY</b> Abs Focus 4x 	Arms Focus 4x <b>NEW</b> 	BOOTY FOCUS 	Sweat It Out Focus 4x 	Thigh Slimming WO // PIIT 4x 	Stretching for Leg Flexibility! The BEST Stretches for Chilling Out 3 Healthy Lunch Ideas!	<b>ARMED FORCES DAY</b> Lean & Toned Arms // PIIT 4x 
Abs Focus 4x 	Total Body Slimming WO // PIIT 4x Stretching Routine 	BOOTY FOCUS 	Sweat It Out Focus 4x 	Thigh Slimming WO // PIIT 4x 	Relax with Me Stretch Routine Ultimate Daily Stretching Routine Acai Bowls	Arms Focus 4x 
Abs Focus 4x 	<b>MEMORIAL DAY</b> <b>NEW VIDEO</b> <b>NEW</b> Fat Burning PIIT 3x 	BOOTY FOCUS 	Sweat It Out Focus 4x 	Thigh Slimming WO // PIIT 4x 	Stretching for Leg Flexibility! The BEST Stretches for Chilling Out 3 Healthy Lunch Ideas!	Arms Focus 4x 



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