

June 2017

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SCULPTED ARMS

LEAN OUT

CORE

TOTAL TONE

LONG LEGS

UNWIND

BOOTY POP

- Lean & Toned Arms // PIIT
- Complete Arms WO
- Ultimate Back WO
- Weightless Arm WO
- Toned Arms & Sculpted Back

4

- New Video **NEW**
- Fat Burning Cardio!
- Quick Sweat // Cardio Beat
- 5 Min Fat Attack
- Fun Indoor Cardio

5

- Like Money Apartment Friendly POP Cardio
- Abs Focus
- Lower Abs Song Challenge
- Best Ab Exercises for a Toned Tummy!
- Extreme Abs 3

6

- HIIT My Abs Hard!!!
- Ultimate Fat Burn WO
- Spring Leaning Slimdown
- Slim 'n Sculpt!
- Playa del Plank

7

- Fat Burn Total Body Focus
- Toned Thighs WO
- 30 Day Thigh Slimming Challenge
- Quick Burn Calves!
- Plie Squat Challenge!

1

- Gorgeous Legs // Cardio Beat
- Glutes & Thighs Trimdown
- Quick Burn Saddle Bags Slimdown!
- Quick Burn Inner Thighs WO!
- Butt Lift & Slim Thighs

8

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

2

- Stretching for Flexibility!
- Ultimate Daily Stretching Routine
- 4 Energy Boosting snacks!

9

- Snowbunny Blast
- Booty Focus
- 6 Min to a Sexy Booty!
- Lower Abs & Booty Blast
- Build a Booty WO

3

- Quick Cardio Booty Blast
- 5 Best Butt Exercises
- Brutal Booty
- Butt WO for a Nice Shaped Booty!
- 8 Min Bikini Butt WO!

10

- Flat Stomach Fat Melter!
- Exercises for Better Posture
- 3 Min Turbo Toned Arms WO
- Quick Burn Standing Back WO!
- Arm Fat Blaster

11

- New Video **NEW**
- 8 Min At Home Cardio WO!
- Quiet Cardio Shhh!
- Fat Burning Ladder
- Fat Burning Dance WO

12

- Quick Cardio Warm Up
- 5 Min Flat Abs!
- Goodbye Muffintop
- Total Ab WO
- 5 Best Exercises to Flatten your Lower Belly

13

- Quick Sweat Fat Burning Circuit!
- Lean & Sculpted Body

14

- Leg Slimming WO // PIIT
- 5 Min Long Lean Legs
- 5 Best Thigh Slimming Exercises
- Hips Butt 'n Thighs Super Shaper WO
- Perfect Legs WO

15

- Wake Up With Me WO
- Stretching for Leg Flexibility!
- Pink Lemonade Sorbet Cups

16

- 4 Min to a Hot Body WO
- Lift Your Booty WO
- 10 Min Butt Lift Challenge
- Perky Butt 'n Long Lean Legs
- Butt on Fire

17

- Train Insane HIIT WO!
- Back on Fire
- Toned & Defined Arms WO!
- Sexy Toned Arms WO

18

- New Video **NEW**
- Hip Hop Fat Burn
- Spring Fling 2: Fat Loss Cardio WO
- Fat Burning Cardio Warmup
- Summer Sweatfest

19

- Heart on Fire
- 10 Min Ab Sculpting WO
- Lower Belly Flattener
- 6 Min to a Sexy Little Waist!

20

- Pumped Up Cardio Warmup!
- Total Body Pilates WO
- Total Body WO Challenge
- 8 Min Bikini Body WO

21

- Fat Destroyer
- Best Thigh Exercises for Toned Legs!
- 6 Min to Sexy Thighs
- Butt Lifting & Thigh Sculpting WO
- Killer Legs Challenge

22

- Feel Good Soul Stretches
- Relax with Me Stretch Routine
- 5 Easy Meal Prep Recipes

23

- Booty Poppin // PIIT
- Bold & the Bootiful WO!
- Quick Burn Booty & Thighs WO!
- Ultimate Butt, Back & Arms Challenge!
- Rainbow Butt Song Challenge!

24

- Flat Belly Fat Burner
- Quick Burn Tricep WO
- 6 Min to Sexy Arms!
- Back Attack!
- 5 Min Toned Arms

25

- New Video **NEW**
- 5 Min Fat Burner
- 100 Burpee Burnout

26

- Intense Ab Burn // PIIT
- Extreme Abs WO
- 3 Min Lower Abs
- Quick Burn Waist Shaper WO!
- Abs On Fire

27

- Total Body Slim Down // PIIT
- Crazy Abs, Butt, & Legs WO
- Spring Fling 1: Toning WO
- Official Prom Dress WO

28

- Heartbeat Heaven HIIT WO
- Quick Burn Legs!
- 8 Min Bikini Thighs WO!
- Legs on Fire
- Intense Inner Thigh Challenge!

29

- How to do a Headstand
- Best Stretches for Chilling Out
- Rainbow Pancakes

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