

July 2017

- Fun Indoor Cardio
- Toned Arms + Flat Abs
- Exercises for Better Posture
- Quick Burn Arms!
- 3 Min Turbo Toned Arms WO

- Pumped Up Cardio Warmup!
- Butt Lift + Ab Chisel
- Rainbow Butt Song Challenge!
- Brutal Booty
- Ultimate Butt, Back & Arms Challenge!

- NEW VIDEO**
- Total Body Slim Down // PIIT
 - Ultimate Fat Burn WO
 - Spring Leaning Slimdown
 - Whoa Whoa! Whole Body WO

- Hip Hop Fat Burn
 - Real Life Waist Trainer Exercises
 - Muffintop Massacre
 - Quick Burn Obliques!
- INDEPENDENCE DAY

- Intense Ab Burn // PIIT
- Quick Sweat // Cardio Beat
- Leg Slimming // PIIT
- Fat Burn Total Body Focus
- Heartbeat Heaven HIIT

- 8 Min At Home Cardio WO!
- Thighs & Abs - Apt Friendly
- Toned Thighs WO
- 8 Min Bikini Thighs WO
- Quick Burn Inner Thigh WO!

- Stretch & Flexibility Focus
- Ultimate Daily Stretching Routine
- Rainbow Smoothie

- Quick Cardio Warm Up
- Ultimate Back WO
- Arms Focus
- Quick Burn Standing Back WO!
- Toned Arms & Sculpted Back

- 5 Min Fat Attack
- Build a Booty WO
- Booty Focus
- Butt WO for a Nice Shaped Booty!
- 6 Min to a Sexy Booty!

- NEW VIDEO**
- Fat Burning Cardio Warmup
 - Lean & Sculpted Body

- Summer Sweatfest
- Goodbye Muffintop WO
- 6 Min to a Sexy Little Waist!
- 5 Min Flat Abs!
- POP Pilates Obliques Challenge!

- NEW VIDEO**
- Lean & Toned Arms // PIIT
 - Booty Poppin // PIIT
 - Snowbunny Blast
 - Intense Ab Burn // PIIT

- Gorgeous Legs // Cardio Beat
- 6 Min to Sexy Thighs
- Quick Burn Saddle Bags Slimdown!
- 5 Best Thigh Slimming Exercises
- Butt Lift & Slim Thighs

- 9 Steps to doing the Splits!
- Relax with Me Stretch Routine
- Acai Bowls

- Spring Fling 2: Fat Loss Cardio WO
- Toned & Defined Arms WO!
- Weightless Arm WO
- Back on Fire
- Sleek Tank Top Arms

- Flat Stomach Fat Melter!
- 8 Min Bikini Butt WO!
- Butt on Fire
- 5 Min Beautiful Booty
- 3 Minute Butt Shaper

- NEW VIDEO**
- Heart on Fire
 - Total Body Pilates WO
 - Ultimate Hot Body WO
 - 8 Min Bikini Body WO

- Flat Belly Fat Burner
- Extreme Muffintop Crushing WO!
- Abs On Fire
- BB5: Muffintop-Less!
- Quick Burn Waist Shaper WO!

- NEW VIDEO**
- Train Insane HIIT WO!
 - HIIT My Abs Hard!!!
 - Heartbeat Heaven HIIT
 - Quick Sweat Fat Burning Circuit!

- Quiet Cardio Shhh!
- Best Thigh Exercises for Toned Legs!
- Glutes & Thighs Trimdown
- Hips Butt 'n Thighs Super Shaper WO
- 30 Day Thigh Slimming Challenge

- Feel Good Soul Stretches
- Stretching for Leg Flexibility!
- Tropical Smoothie Art

- Fat Burning Cardio!
- Arm Fat Blaster
- Quick Burn Tricep WO!
- Back Attack!
- Push Up Challenge

- Fat Burning Dance WO
- Bold & the Bootiful WO
- Lower Abs & Booty Blast
- 10 Min Butt Lift Challenge
- Beach Ready Butt WO

- NEW VIDEO**
- 4 Min to a Hot Body
 - Slim 'n Sculpt!
 - Spring Fling 1: Toning WO
 - Crazy Abs, Butt, & Legs WO

- Cardio & Abs
- Abs Focus
- 5 Best Exercises to Flatten your Lower Belly
- 5 Best Muffintop Melting Moves
- 3 Min Turbo Obliques

- NEW VIDEO**
- Booty Poppin // PIIT
 - Snowbunny Blast
 - Fat Burning Ladder
 - Quick Cardio Booty Blast

- 5 Min Fat Burner
- Perfect Legs WO
- Quick Burn Booty & Thighs WO!
- Plie Squat Challenge!
- Intense Inner Thigh Challenge!

- Total Body Stretch
- Stretching for Flexibility!
- Epic Breakfast Ideas that taste SO GOOD!

- 100 Burpee Burnout
- 6 Min to Sexy Arms!
- Complete Arms WO
- Push Plank Challenge
- 5 Min Toned Arms

- Spring Fling 2: Fat Loss
- Lift Your Booty WO
- 5 Best Butt Exercises
- Perky Butt 'n Long Lean Legs

- NEW VIDEO**
- Fat Destroyer
 - Total Body WO Challenge
 - Playa del Plank
 - Official Prom Dress WO

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