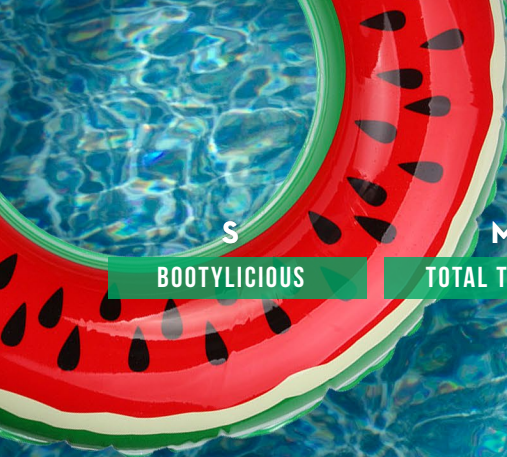


# August 2017



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## BOOTYLICIOUS

## TOTAL TONEFEST

## MUFFINTOP MELT

## HEART PUMPER

## THIGH TRIMMER

## STRETCH IT OUT

## ARM ATTACK

<ul style="list-style-type: none"> <li>Quick Cardio Booty Blast</li> <li>Butt Lift + Ab Chisel</li> <li>Brutal Booty</li> <li>6 Min to a Sexy Booty!</li> <li>Lower Abs &amp; Booty Blast</li> </ul> <p>6</p>	<ul style="list-style-type: none"> <li><b>NEW VIDEO</b></li> <li>Fat Burning Dance WO</li> <li>Ultimate Fat Burn WO</li> <li>Slim 'n Sculpt!</li> <li>Playa del Plank</li> </ul> <p>7</p>	<ul style="list-style-type: none"> <li>Fat Burning Cardio + Core</li> <li>Real Life Waist Trainer Exercises</li> <li>5 Best Muffintop Melting Moves</li> <li>5 Min Flat Abs!</li> <li>Belly Bloat Blaster</li> </ul> <p>1</p>	<ul style="list-style-type: none"> <li><b>NEW VIDEO</b></li> <li>Fat Destroyer</li> <li>Summer Sweatfest</li> <li>Total Body Slim Down // PIIT</li> <li>Quick Sweat Fat Burning Circuit!</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>Quick Cardio Warm Up</li> <li>Sculpted Thighs &amp; Tight Abs</li> <li>5 Best Thigh Slimming Exercises</li> <li>Glutes &amp; Thighs Trimdown</li> <li>Quick Burn Legs!</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>9 Steps to doing the Splits!</li> <li>Fun Yoga Routine</li> <li>Pink Lemonade Sorbet Cups</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>Fat Burning Cardio!</li> <li>Exercises for Better Posture</li> <li>Toned Arms + Flat Abs</li> <li>6 Min to Sexy Arms!</li> <li>Arms Focus</li> </ul> <p>5</p>
<ul style="list-style-type: none"> <li>Quick Sweat // Cardio Beat</li> <li>Booty Focus</li> <li>Butt WO for a Nice Shaped Booty!</li> <li>Glutes &amp; Thighs Trimdown</li> <li>5 Best Butt Exercises</li> </ul> <p>13</p>	<ul style="list-style-type: none"> <li><b>NEW VIDEO</b></li> <li>SNOWBUNNY BLAST</li> <li>Total Body Pilates WO</li> <li>Total Body WO Challenge</li> <li>Whoa Whoa! Whole Body WO</li> </ul> <p>14</p>	<ul style="list-style-type: none"> <li>8 Min At Home Cardio</li> <li>Perfect 10 Abs!</li> <li>6 Min to a Sexy Little Waist!</li> <li>Goodbye Muffintop WO</li> <li>Lower Belly Flattener</li> </ul> <p>8</p>	<ul style="list-style-type: none"> <li>Heart on Fire</li> <li>Train Insane HIIT WO</li> <li>Fat Burning Cardio Warmup</li> <li>Pumped Up Cardio Warmup!</li> <li>Flat Belly Fat Burner</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>Fun Indoor Cardio WO</li> <li>Abs, Butt and Thighs</li> <li>3 Min Thighs</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>Best Stretches for Chilling Out</li> <li>Stretch &amp; Flexibility Focus</li> <li>How to Make Peanut Butter Fudge</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Fat Burn Total Body Focus</li> <li>Toned Arms &amp; Sculpted Back</li> <li>Arm Fat Blaster</li> <li>5 Min Toned Arms</li> <li>Complete Arms WO</li> </ul> <p>12</p>
<ul style="list-style-type: none"> <li>Booty Poppin // PIIT</li> <li>8 Min Bikini Butt WO!</li> <li>Lift Your Booty WO</li> <li>Bold &amp; the Bootiful WO</li> <li>10 Min Butt Lift Challenge</li> </ul> <p>20</p>	<ul style="list-style-type: none"> <li><b>NEW VIDEO</b></li> <li>Total Body Slim Down // PIIT</li> <li>Spring Fling 1: Toning WO</li> <li>8 Min Bikini Body WO</li> <li>Crazy Abs, Butt, &amp; Legs WO</li> </ul> <p>21</p>	<ul style="list-style-type: none"> <li>HIIT My Abs Hard!</li> <li>Abs Focus</li> <li>Muffintop Massacre</li> <li>POP Pilates Obliques Challenge!</li> <li>5 Best Exercises to Flatten Lower Belly</li> </ul> <p>15</p>	<ul style="list-style-type: none"> <li>4 Min to a Hot Body WO</li> <li>100 Burpee Burnout</li> <li>Intense Ab Burn // PIIT</li> <li>Quick Sweat Fat Burning Circuit!</li> <li>Summer Sweatfest</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>Leg Slimming WO // PIIT</li> <li>Legs Focus</li> <li>Quick Burn Saddle Bags Slimdown!</li> <li>8 Min Bikini Thighs WO</li> <li>Best Thigh Exercises for Toned Legs!</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>Stretching for Flexibility!</li> <li>Wake Up With Me WO</li> <li>Best Homemade Pizza + Breadsticks Recipe</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>Fat Burning Cardio + Core</li> <li>Quick Burn Arms!</li> <li>Ultimate Back WO</li> <li>Toned &amp; Defined Arms WO</li> <li>Back on Fire</li> </ul> <p>19</p>
<ul style="list-style-type: none"> <li>Fat Burn Total Body Focus</li> <li>Ultimate Butt, Back &amp; Arms Challenge!</li> <li>Build a Booty WO</li> <li>Butt Lift &amp; Slim Thighs</li> <li>5 Min Beautiful Booty</li> </ul> <p>27</p>	<ul style="list-style-type: none"> <li><b>NEW VIDEO</b></li> <li>Train Insane HIIT WO!</li> <li>Lean &amp; Sculpted Body</li> </ul> <p>28</p>	<ul style="list-style-type: none"> <li>8 Min At Home Cardio</li> <li>10 Min Ab Sculpting</li> <li>Love Handle Hysteria</li> <li>Extreme Abs WO</li> <li>Total Ab WO</li> </ul> <p>22</p>	<ul style="list-style-type: none"> <li>Fat Burning Cardio!</li> <li>Heartbeat Heaven HIIT</li> <li>5 Min Fat Burner</li> <li>Quick Cardio Warm Up</li> <li>Hip Hop Fat Burn</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>Gorgeous Legs // Cardio Beat</li> <li>Toned Thighs WO</li> <li>30 Day Thigh Slimming Challenge</li> <li>Perfect Legs WO</li> <li>Quick Burn Inner Thigh WO</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>Total Body Stretch</li> <li>Ultimate Daily Stretching Routine</li> <li>5 Easy Healthy Snack Ideas!</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>Lean &amp; Toned Arms // PIIT</li> <li>Sexy Toned Arms WO</li> <li>Back Attack!</li> <li>Quick Burn Tricep WO</li> <li>Sleek Tank Top Arms</li> </ul> <p>26</p>
<ul style="list-style-type: none"> <li>5 Min Fat Attack</li> <li>Best Ab Exercises for a Toned Tummy!</li> <li>Extreme Muffintop Crushing WO!</li> <li>8 Min Abs &amp; Obliques</li> <li>Abs On Fire</li> </ul> <p>29</p>	<ul style="list-style-type: none"> <li>Quiet Cardio Shhh!</li> <li>Quick Sweat // Cardio Beat</li> <li>Spring Fling 2: Fat Loss Cardio WO</li> <li>HIIT My Abs Hard!</li> <li>Flat Stomach Fat Melter!</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>5 Min Fat Attack</li> <li>Best Ab Exercises for a Toned Tummy!</li> <li>Extreme Muffintop Crushing WO!</li> <li>8 Min Abs &amp; Obliques</li> <li>Abs On Fire</li> </ul> <p>29</p>	<ul style="list-style-type: none"> <li>Quiet Cardio Shhh!</li> <li>Quick Sweat // Cardio Beat</li> <li>Spring Fling 2: Fat Loss Cardio WO</li> <li>HIIT My Abs Hard!</li> <li>Flat Stomach Fat Melter!</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>Flat Belly Fat Burner</li> <li>Intense Inner Thigh Challenge!</li> <li>Butt Lifting &amp; Thigh Sculpting WO</li> <li>6 Min to Sexy Thighs</li> <li>Hips Butt 'n Thighs Super Shaper WO</li> </ul> <p>31</p>		

*Blogilates*