

S  
LEAN 'N MEAN ARMS

M  
BEST BUTT

T  
CRAZY FOR CARDIO

W  
BELLY FLATTENER

T  
SLIM 'N SCULPT

F  
FLEXIBLE FRIDAY

S  
THIGH TRIMDOWN

# December 2017

- SNOWBUNNY BLAST
- 5 Ways to Toned Arms
- Sleek Tank Top Arms
- Exercises for Better Posture
- Toned Arms & Sexy Shoulders WO

3

- Butty Poppin // PIIT
- Lower Abs & Booty Blast
- BUTT WO for a Nice Shaped Booty!
- 5 Moves to Lift Your Butt
- Bold & Bootiful WO!

4

- PIIT28 Supergirl WO
- Train Insane HIIT WO!
- 8 Min at Home Cardio WO!
- Spring Fling 2
- 5 Min Fat Attack

5

- FAT BURNING Cardio!
- 5 Ways to Trim Your Waist
- Lower Belly Flattner
- Buh-Bye Muffintop WO
- Belly Bloat Blaster WO

6

- Fat Burning Ladder
- Slim 'n Sculpt!
- Spring Leaning Slimdown
- Total Body WO Challenge
- Ultimate Fat Burn WO

7

- Fun Yoga Routine
- 9 Steps to doing the Splits!
- No-Bake Cupcakes

1

- PIIT28 Street Fighter WO
- Sculpt Long Legs
- Quick BURN INNER THIGH WO!
- Thigh Exercises for Toned Legs!
- Bikini Thigh WO!
- Fat Burning Dance WO
- Thigh Slimming Challenge
- Sculpted Thighs & Tight Abs
- THIGH SLIMMING Exercises
- Tone & Trim Your Inner Thighs WO

2

- Lean & Toned Arms // PIIT
- 6 Min Sexy Arms!
- Toned Arms + Flat Abs
- Arms Focus
- Arm Fat Blaster

10

- New Video!*
- Fat Burning Cardio
  - Bikini Butt WO!
  - Butt Lift + Ab Chisel
  - 6 Min to a Sexy Booty!
  - Grow Your Glutes WO

11

- Hanukkah Begins*
- Fight the Fat WO
  - Heartbeat Heaven
  - Flat Belly Fat Burner
  - Fun Indoor Cardio WO

12

- 5 Min FAT BURNER
- Perfect 10 Abs!
- Abs Focus
- Goodbye Muffintop WO
- Happy HARD CORE Ab WO

13

- Quick & Crazy Cardio WO
- Low Impact Total Body Workout
- Lean & Sculpted Body
- Playa del Plank

14

- Stretch & Flexibility Focus
- Stretching for Flexibility!
- STUFFED SNICKERDOODLE Muffins

15

- Fat Destroyer
- Toned Thighs WO
- Plie Squat Challenge!
- Glutes & Thighs Trimdown
- Legs Focus

16

- Pumped Up Cardio
- Quick Burn TRICEP WO!
- Toned Arms & Sculpted Back
- Complete Arms WO
- Quick Burn Arms!

17

- New Video!*
- Quick Cardio Warm Up
  - Booty Focus
  - Lift Your Booty WO
  - 5 Best Butt Exercises
  - Build a Booty WO

18

- Hip Hop Fat Burn
- Wonder Woman WO
- Total Body Slim Down // PIIT
- Silent Death Cardio
- Intense Ab Burn // PIIT

19

- Fat Burning Cardio + Core
- Waist Trainer Exercises
- Best Ab Exercises
- 5 Ways to Build Your Core
- Fast Ab WO

20

- Winter Begins*
- Quick Cardio Booty Blast
  - ULTIMATE Hot Body WO
  - Crazy Abs, Butt & Legs WO
  - Bikini Body WO!

21

- Stretching for Leg Flexibility!
- Ultimate Daily Stretching Routine
- Happy Bowl

22

- Leg Slimming WO // PIIT
- Butt Lifting & Thigh Sculpting WO
- Outer Thighs & Lean Legs WO
- 6 Min to Sexy Thighs
- Hips Butt 'n Thighs

23

- Christmas Eve*
- Fat Burning Circuit!
  - Turbo Toned Arms
  - Back on Fire
  - Weightless Arm WO
  - Back Attack!

24

- Christmas Day*
- HIIT My Abs Hard!!!
  - Abs, Butt and Thighs
  - Brutal Booty
  - All I Want for XMas WO

25

- Kwanzaa Begins*
- Quick Sweat // Cardio Beat
  - 4 Min to a HOT BODY WO
  - Fat Burn Total Body Focus
  - Heart on Fire
  - Summer Sweatfest

26

- Flat Stomach Fat Melter!
- EXTREME ABS WO
- Extreme Abs WO 2
- Extreme Abs 3

27

- 100 Burpee Burnout
- Total Body Tonefest
- WHOA!! Whole Body WO
- Total Body Pilates WO

28

- Feel Good Soul Stretches
- BEST Stretches for Chilling Out
- Matcha Green Tea Crepe Cake

29

- Gorgeous Legs // Cardio Beat
- Butt Lift & Slim Thighs
- Perfect Legs WO
- INNER THIGH Challenge!
- SADDLEBAGS Slimdown

30

- New Years Eve*
- Toned & Defined Arms WO!
  - Ultimate Back WO
  - Backless Dress WO

31

Blogilates



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- Fight the Fat
- Heartbeat
- Fat Belly Flatten
- Fun Indoor

- 5 Min FAT BURN
- Perfect 10
- Abs Focus
- Goodbye
- Happy H

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