



# 28-DAY BRIDAL BOOTCAMP WORKOUT CALENDAR

Do each workout video once through per day! Check off as you go!

ABS	BOOTY	BACK + LEGS	CARDIO + TONE	ARMS	STRETCH	BONUS
<input type="checkbox"/> Happily Ever After Abs <input type="checkbox"/> Intense Ab Burn PIIT <input type="checkbox"/> Abs Focus <input type="checkbox"/> Waist Trainer Exercises 1	<input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> Booty Poppin PIIT <input type="checkbox"/> Booty Focus <input type="checkbox"/> Butt Lift + Ab Chisel 2	<input type="checkbox"/> Backless Bride Back Toning Workout <input type="checkbox"/> Leg Slimming Workout PIIT <input type="checkbox"/> Legs Focus <input type="checkbox"/> Sculpted Thighs & Tight Abs 3	<input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Total Body Slim Down PIIT <input type="checkbox"/> Fat Burn Total Body Focus <input type="checkbox"/> Fat Burning Cardio + Core 4	<input type="checkbox"/> Arms Down the Aisle <input type="checkbox"/> Lean & Toned Arms PIIT <input type="checkbox"/> Arms Focus <input type="checkbox"/> Toned Arms + Flat Abs 5	<input type="checkbox"/> Stretch Combo to Relieve Low Back Pain 6	<input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Arms down the Aisle <input type="checkbox"/> Backless Bride Back Toning <input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> Happily Ever After Abs 7
<input type="checkbox"/> Happily Ever After Abs <input type="checkbox"/> Intense Ab Burn PIIT <input type="checkbox"/> Abs Focus <input type="checkbox"/> Waist Trainer Exercises 8	<input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> Booty Poppin PIIT <input type="checkbox"/> Booty Focus <input type="checkbox"/> Butt Lift + Ab Chisel 9	<input type="checkbox"/> Backless Bride Back Toning Workout <input type="checkbox"/> Leg Slimming Workout PIIT <input type="checkbox"/> Legs Focus <input type="checkbox"/> Sculpted Thighs & Tight Abs 10	<input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Total Body Slim Down PIIT <input type="checkbox"/> Fat Burn Total Body Focus <input type="checkbox"/> Fat Burning Cardio + Core 11	<input type="checkbox"/> Arms down the Aisle <input type="checkbox"/> Lean & Toned Arms PIIT <input type="checkbox"/> Arms Focus <input type="checkbox"/> Toned Arms + Flat Abs 12	<input type="checkbox"/> Stretch & Flexibility Focus 13	<input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Arms down the Aisle <input type="checkbox"/> Backless Bride Back Toning <input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> Happily Ever After Abs 14
<input type="checkbox"/> Happily Ever After Abs <input type="checkbox"/> Intense Ab Burn PIIT <input type="checkbox"/> Abs Focus <input type="checkbox"/> Waist Trainer Exercises 15	<input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> Booty Poppin PIIT <input type="checkbox"/> Booty Focus <input type="checkbox"/> Butt Lift + Ab Chisel 16	<input type="checkbox"/> Backless Bride Back Toning Workout <input type="checkbox"/> Leg Slimming Workout PIIT <input type="checkbox"/> Legs Focus <input type="checkbox"/> Sculpted Thighs & Tight Abs 17	<input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Total Body Slim Down PIIT <input type="checkbox"/> Fat Burn Total Body Focus <input type="checkbox"/> Fat Burning Cardio + Core 18	<input type="checkbox"/> Arms down the Aisle <input type="checkbox"/> Lean & Toned Arms PIIT <input type="checkbox"/> Arms Focus <input type="checkbox"/> Toned Arms + Flat Abs 19	<input type="checkbox"/> Total Body Stretch 20	<input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Arms down the Aisle <input type="checkbox"/> Backless Bride Back Toning <input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> Happily Ever After Abs 21
<input type="checkbox"/> Happily Ever After Abs <input type="checkbox"/> Intense Ab Burn PIIT <input type="checkbox"/> Abs Focus <input type="checkbox"/> Waist Trainer Exercises 22	<input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> Booty Poppin PIIT <input type="checkbox"/> Booty Focus <input type="checkbox"/> Butt Lift + Ab Chisel 23	<input type="checkbox"/> Backless Bride Back Toning Workout <input type="checkbox"/> Leg Slimming Workout PIIT <input type="checkbox"/> Legs Focus <input type="checkbox"/> Sculpted Thighs & Tight Abs 24	<input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Total Body Slim Down PIIT <input type="checkbox"/> Fat Burn Total Body Focus <input type="checkbox"/> Fat Burning Cardio + Core 25	<input type="checkbox"/> Arms down the Aisle <input type="checkbox"/> Lean & Toned Arms PIIT <input type="checkbox"/> Arms Focus <input type="checkbox"/> Toned Arms + Flat Abs 26	<input type="checkbox"/> Wake Up With Me WO 27	<input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Arms down the Aisle <input type="checkbox"/> Backless Bride Back Toning <input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> Happily Ever After Abs 28