





LOGILATES

BEGINNER'S CALENDAR

4-week plan for POPsters gettin' started!

	TOTAL BODY	ABS	TOTAL BODY	LOWER BODY	ABS	TOTAL BODY	REST
WEEK 1	<input type="checkbox"/> POP Pilates for Beginners: Total Body 1	<input type="checkbox"/> POP Pilates for Beginners: Ab Time 2	<input type="checkbox"/> Slim 'n Sculpt! <input type="checkbox"/> Arm Fat Blaster 3	<input type="checkbox"/> Build a Booty Workout <input type="checkbox"/> 5 Ways To Sculpt Long Legs 4	<input type="checkbox"/> Flat Abs Workout <input type="checkbox"/> 5 Ways to Build Core 5	<input type="checkbox"/> Body Slimming Workout <input type="checkbox"/> Bubble Butt Workout 6	<input type="checkbox"/> Banana Pancakes  7
WEEK 2	<input type="checkbox"/> Pumped Up Cardio Warm Up <input type="checkbox"/> Wake Up With Me Workout <input type="checkbox"/> Weightless Arm Workout 8	<input type="checkbox"/> 5 Best Muffintop Melting Moves <input type="checkbox"/> Slim Waist Workout <input type="checkbox"/> 5 Stretches To Get You Feeling Flexible 9	<input type="checkbox"/> Fun Indoor Cardio Workout <input type="checkbox"/> Fight The Fat Workout <input type="checkbox"/> Total Body Stretch 10	<input type="checkbox"/> 5 Best Butt Exercises <input type="checkbox"/> Toned Thighs Workout <input type="checkbox"/> Stretching for Leg Flexibility 11	<input type="checkbox"/> Beginners Ab and Butt Workout <input type="checkbox"/> Belly Bloat Blaster Workout <input type="checkbox"/> Fun Yoga Routine for Flexibility 12	<input type="checkbox"/> Fat Burning Cardio Warmup <input type="checkbox"/> Exercises For Better Posture <input type="checkbox"/> Ultimate Daily Stretching 13	<input type="checkbox"/> 6 Ways to Eat Avocado  14
WEEK 3	<input type="checkbox"/> Hip Hop Fat Burn <input type="checkbox"/> Butt Lifting and Thigh Sculpting Workout <input type="checkbox"/> Backless Dress Workout 15	<input type="checkbox"/> Quick Sweat Cardio Beat <input type="checkbox"/> 5 Best Exercises to Flatten Your Lower Belly <input type="checkbox"/> Abs On Fire 16	<input type="checkbox"/> Insane Butt and Thighs Workout <input type="checkbox"/> Fat Burning Dance Workout <input type="checkbox"/> Feel Good Soul Stretches 17	<input type="checkbox"/> Glutes and Thighs <input type="checkbox"/> 5 Best Thigh Slimming Exercises <input type="checkbox"/> Best Stretches For Chilling Out 18	<input type="checkbox"/> ABC Abs <input type="checkbox"/> Flat Abs Workout <input type="checkbox"/> 6 Mins to a Sexy Little Waist 19	<input type="checkbox"/> 30 Day Thigh Slimming Challenge <input type="checkbox"/> Arm Fat Blaster <input type="checkbox"/> Stretch and Flexibility Focus 20	<input type="checkbox"/> Life Bars  21
WEEK 4	<input type="checkbox"/> Total Body Tone Fest <input type="checkbox"/> Sexy Toned Arms Workout <input type="checkbox"/> Pillow Workout 22	<input type="checkbox"/> Best Ab Exercises for a Toned Tummy <input type="checkbox"/> Fat Burning Cardio and Core <input type="checkbox"/> 5 Ways to Trim Your Waist 23	<input type="checkbox"/> Low Impact Total Body Workout <input type="checkbox"/> Toned Arms and Flat Abs <input type="checkbox"/> Quick Burn Calves 24	<input type="checkbox"/> Kick Butt Blaster <input type="checkbox"/> Gorgeous Legs <input type="checkbox"/> Quick Burn Booty and Thighs Workout 25	<input type="checkbox"/> POP Pilates for Beginners: Ab Time <input type="checkbox"/> 8 Min At-Home Ab Workout <input type="checkbox"/> Intense Ab Workout 26	<input type="checkbox"/> POP Pilates for Beginners: Total Body <input type="checkbox"/> Quick Burn Arms <input type="checkbox"/> Beginners Ab and Butt Workout 27	<input type="checkbox"/> How to Make a Happy Bowl  28