

AUGUST 2018

S	M	T	W	T	F	S
AMAZING ARMS	PERKY BUTT	CARDIO CRAZE	AB MANIA	TOTAL BODY BLAST	STRETCH OUT	THIGH TRIMDOWN
			1 - Quick & Crazy Cardio WO - Waist Trainer Exercises - Came Here for Love... Handles! - Best Ab Exercises - Perfect 10 Abs!	2 - Flat Belly Fat Burner - Gigi Hadid's Travel Routine - Low Impact Total Body WO - Spring Leaning Slimdown - Crazy Abs, Butt, & Legs WO	3 - Relax with Me Stretch Routine - Stretching for Leg Flexibility! - Low Carb Ravioli	4 - Fat Burning Ladder - Kylie Jenner's Actual Hips & Waist Routine - Tone & Trim Your Inner Thighs WO - Sculpt Long Legs
5 - Fat Burn Total Body Focus - Meghan Markle's Arm, Butt & Ab Routine - Turbo Toned Arms - Arm Fat Blaster	6 NEW VIDEO! - Quick Cardio Booty Blast - Bridal Booty Lift Workout - Butt Lifting & Thigh Sculpting WO 6 Min to a Sexy Booty!	7 - Pumped Up Cardio - Fat Burning PIIT - Wonder Woman WO - Intense Ab Burn PIIT - SNOWBUNNY BLAST	8 - Shredding for the Wedding Cardio WO - Bad At Love Handles WO 5 Ways to Build Your Core 8 Min Abs & Obliques WO! - Lower Abs Song Challenge	9 - Hip Hop Fat Burn - Britney Spears' Hard Abs Workout - Total Body Pilates WO - Bikini Body WO!	10 - Stretch & Flexibility Focus - Fun Yoga Routine - Lemon Blueberry Birthday Cake	11 - Super Fun Cardio Dance WO! - Thigh Exercises for Toned Legs! - INSANE Butt & Thighs WO - Quick Burn Calves! - Plie Squat Challenge!
12 - Apartment Friendly Warm Up! - Arms Down the Aisle - Back on Fire - Arms Focus - Shoulders Isolation Videos	13 NEW VIDEO! - Fight the Fat WO - Glutes & Thighs Trimdown - INSANE Butt Blaster - Butt WO for a Nice Shaped Booty!	14 8 Min At Home Cardio WO! - Summer Sweatfest - Leg Slimming WO PIIT - Heartbeat Heaven - Train Insane HIIT WO!	15 - PIIT28 Street Fighter WO 8 Minute Abs (Audition Tape) - Happily Ever After Abs - Total Ab WO - Lower Belly Flattener	16 - Silent Death Cardio - Ultimate Fat Burn WO - How to get Beyonces Body - WHOA!!! Whole Body WO	17 - Stretching for Flexibility! - Stretch Combo to Relieve Low Back Pain - Bacon Pancake Stix (Paleo & Gluten Free)	18 - Gorgeous Legs CARDIO BEAT - Shape of Your Thighs WO Challenge! - Perfect Legs WO - Butt Lift & Slim Thighs - THIGH SLIMMING Exercises
19 - Fun Indoor Cardio WO - Toned Arms & Sculpted Back - Backless Bride Back Toning Workout - Ultimate Back WO	20 NEW VIDEO! - Fat Burning Cardio + Core - Kim Kardashian's Actual Butt Routine - Butt Lift + Ab Chisel	21 - FAT BURNING Cardio! - Flat Stomach Fat Melter! - Booty Poppin PIIT - Spring Fling 2 - Total Body Slim Down PIIT	22 - Cardio Dance + Ab WO - Beginner Ab Workout - Abs Focus - Core Crusher 5 Min Ab Express WO	23 - PIIT28 Supergirl WO - ULTIMATE Hot Body WO - Total Body WO Challenge - Total Body Tone Fest	24 - How to do a Headstand - Ultimate Daily Stretching Routine - Post WO Snack Ideas!	25 - Cha Cha Slide! - Pup Pilates - Sculpted Legs in Skinny Leggings - Hips Butt 'n Thighs - Inner Thigh Challenge!
26 - Quick Sweat Cardio Beat - INSANE Weightless Arms Workout 5 Ways to Toned Arms - Ultimate Butt, Back & Arms Challenge! - Exercises for Better Posture	27 NEW VIDEO! - Quick Cardio Warm Up 5 Underbutt Isolation Exercises 5 Moves to Lift Your Butt - Lower Abs & Booty Blast	28 - Fat Burning Cardio Warmup 100 Burpee Burnout - Lean & Toned Arms PIIT - Flat Belly Fat Burner 5 Min FAT BURNER	29 - Fat Burning Dance WO - Mighty Middle Abs Workout Challenge! 5 Ways to Trim Your Waist - Happy Hard Core Ab WO - Flat Abs in 3 mins!	30 *Special* Full Length 1 Hour POP Pilates Class!	31 5 Stretches to get you Feeling Flexible - Wake Up With Me WO - Creative, Healthy Lunch Ideas!	