

# DECEMBER 2019

UNLIMITED UPPER BODY	BRILLIANT BOOTY	PIIT STOP!	ABSOLUTELY ABS	TONED TOTAL BODY	TAKE IT EASY!	LUMINOUS LEGS
<b>1.</b> <ul style="list-style-type: none"> <li>Quick Burn Arms!</li> <li>5 Min Toned Arms</li> <li>Weightless Arm WO</li> <li>6 Min Sexy Arms!</li> </ul>	<b>2. NEW VIDEO</b> <ul style="list-style-type: none"> <li>SNOWBUNNY BLAST</li> <li>4 Minute Upper Butt Lifting Workout</li> <li>INSANE Butt Blaster</li> <li>Serious Standing Pilates</li> </ul>	<b>3.</b> <ul style="list-style-type: none"> <li>Apartment Friendly Warm Up!</li> <li>Super Fun Cardio Dance WO!</li> <li>PIIT28 Supergirl WO</li> <li>Wonder Woman WO</li> </ul>	<b>4.</b> <ul style="list-style-type: none"> <li>Fat Burning Dance WO</li> <li>Pilates Core Sculpting Workout</li> <li>5 Best Exercises to Flatten your Lower Belly</li> <li>3-Minute Lower Belly Pilates WO</li> <li>SEÑORITA ABS!</li> </ul>	<b>5.</b> <ul style="list-style-type: none"> <li>Fat Burning Ladder</li> <li>Slim 'n Sculpt!</li> <li>Spring Fling 1</li> </ul>	<b>6.</b> <ul style="list-style-type: none"> <li>10 Perfect Morning Stretches to Increase Energy</li> <li>5 Easy Meal Prep Recipes</li> </ul>	<b>7.</b> <ul style="list-style-type: none"> <li>Summer Sweatfest</li> <li>3 Minute Tippy Toes Leg Slimming Workout</li> <li>Quick Burn Calves!</li> <li>Butt Lifting &amp; Thigh Sculpting WO</li> </ul>
<b>8.</b> <ul style="list-style-type: none"> <li>Quick Cardio Booty Blast</li> <li>Sexy Toned Arms WO</li> <li>Toned Arms &amp; Sculpted Back</li> <li>Ultimate Back WO</li> <li>3-Minute Killer Back Toning Workout</li> </ul>	<b>9.</b> <ul style="list-style-type: none"> <li>5 Min Fat Attack</li> <li>Grow Your Glutes WO</li> <li>3 Minute Hip Filler &amp; Side Butt Shaping Workout</li> <li>Brutal Booty</li> <li>Lower Abs &amp; Booty Blast</li> </ul>	<b>10.</b> <ul style="list-style-type: none"> <li>Quick Cardio Warm Up</li> <li>Booty Poppin PIIT</li> <li>8 Min At Home Cardio WO!</li> <li>5 Min FAT BURNER</li> </ul>	<b>11.</b> <ul style="list-style-type: none"> <li>Flat Belly Fat Burner</li> <li>Core Crusher</li> <li>Perfect 10 Abs!</li> <li>Flat Abs in 3 minutes!</li> <li>Dance with Me Ab Challenge</li> </ul>	<b>12.</b> <ul style="list-style-type: none"> <li>Pumped Up Cardio</li> <li>Gigi Hadid's No Equipment Travel Routine</li> <li>Playa del Plank</li> <li>Total Body Workout</li> </ul>	<b>13.</b> <ul style="list-style-type: none"> <li>How to do a Headstand</li> <li>Best Baked Donuts</li> </ul>	<b>14.</b> <ul style="list-style-type: none"> <li>Fat Burn Total Body Focus</li> <li>Sculpt Long Legs</li> <li>Long Lean Legs</li> <li>Butt Lift &amp; Slim Thighs</li> <li>Flat Abs &amp; Toned Thighs</li> </ul>
<b>15.</b> <ul style="list-style-type: none"> <li>Silent Death Cardio</li> <li>Arms Focus</li> <li>Exercises for Better Posture</li> <li>Standing Back WO!</li> <li>Feel My Arms Still WO</li> </ul>	<b>16.</b> <ul style="list-style-type: none"> <li>Flat Stomach Fat Melter!</li> <li>Butt on Fire</li> <li>Pillow Workout</li> <li>5 Min Beautiful Booty</li> <li>Rainbow Butt Song Challenge!</li> </ul>	<b>17.</b> <ul style="list-style-type: none"> <li>Spring Fling 2</li> <li>Heartbeat Heaven</li> <li>Fat Burning Cardio + Core</li> <li>PIIT28 Street Fighter WO</li> </ul>	<b>18.</b> <ul style="list-style-type: none"> <li>Fat Destroyer</li> <li>Muffintop Crushing WO!</li> <li>Slim Waist WO</li> <li>Crazy 6 Pack Ab WO</li> <li>5 Min Flat Abs!</li> </ul>	<b>19.</b> <ul style="list-style-type: none"> <li>Quick Sweat Cardio Beat</li> <li>Low Impact Total Body WO</li> <li>Crazy Abs, Butt, &amp; Legs WO</li> <li>Total Body Tone Fest</li> </ul>	<b>20.</b> <ul style="list-style-type: none"> <li>Wake Up With Me WO</li> <li>Matcha Green Tea Crepe Cake</li> </ul>	<b>21.</b> <ul style="list-style-type: none"> <li>Heart on Fire</li> <li>6 Min to Sexy Thighs</li> <li>Hips Butt 'n Thighs</li> <li>INSANE Butt &amp; Thighs WO</li> <li>Killer Calves WO</li> </ul>
<b>22.</b> <ul style="list-style-type: none"> <li>Hip Hop Fat Burn</li> <li>Toned &amp; Defined Arms WO!</li> <li>5 Chest Isolation Exercises</li> <li>Push Up Challenge</li> <li>INSANE Weightless Arms Workout</li> </ul>	<b>23.</b> <ul style="list-style-type: none"> <li>Fight the Fat WO</li> <li>Lift Your Booty WO</li> <li>Pippa's Butt Wo</li> <li>Butt Lift + Ab Chisel</li> </ul>	<b>24. CHRISTMAS EVE</b> <ul style="list-style-type: none"> <li>Train Insane HIIT WO!</li> <li>Cardio Dance + Ab WO</li> <li>Fun Indoor Cardio WO</li> <li>Silent Death Fat Melting Cardio</li> </ul>	<b>25. CHRISTMAS DAY</b> <ul style="list-style-type: none"> <li>Low Impact Dance Warmup</li> <li>Push Plank Challenge</li> <li>Abs On Fire</li> <li>3 Min LOWER ABS</li> <li>Muffintop Melting Moves</li> </ul>	<b>26.</b> <ul style="list-style-type: none"> <li>Gorgeous Legs CARDIO BEAT</li> <li>Spring Leaning Slimdown</li> <li>How to get Beyonces Body</li> <li>Ultimate Fat Burn WO</li> </ul>	<b>27.</b> <ul style="list-style-type: none"> <li>5 Stretches to get you Feeling Flexible</li> <li>Banana Berry Crepes</li> </ul>	<b>28.</b> <ul style="list-style-type: none"> <li>FAT BURNING Cardio!</li> <li>Toned Thighs WO</li> <li>Bikini Thighs WO!</li> <li>Sexy Sculpted Legs WO</li> <li>Killer Legs Challenge</li> </ul>
<b>29.</b> <ul style="list-style-type: none"> <li>Shredding for the Wedding WO</li> <li>Toned Arms &amp; Sexy Shoulders WO</li> <li>Quick Burn TRICEP WO!</li> <li>Turbo Toned Arms</li> <li>Complete Arms WO</li> </ul>	<b>30.</b> <ul style="list-style-type: none"> <li>Hardcore Heels Dance Tutorial</li> <li>Bikini Butt WO!</li> <li>Beach Ready Butt WO</li> <li>Glutes &amp; Thighs Trimdown</li> </ul>	<b>31. NEW YEAR'S EVE</b> <ul style="list-style-type: none"> <li>HIIT My Abs Hard!!!</li> <li>Quick &amp; Crazy Cardio WO</li> <li>Lean &amp; Toned Arms PIIT</li> <li>Fat Burning PIIT</li> </ul>				