

JANUARY 2020

Sunday OBLIQUES + ABS	Monday CARDIO + ABS	Tuesday TOTAL BODY + ABS	Wednesday BUTT + ABS	Thursday ABS + ARMS	Friday RECOVERY	Saturday BACK + ABS
			1. NEW YEAR'S DAY <input type="checkbox"/> 20 Squats <input type="checkbox"/> 20 Rope Climbs <input type="checkbox"/> Ultimate Butt, Back & Arms Challenge! <input type="checkbox"/> Belly Bloat Blaster WO <input type="checkbox"/> Lift Your Booty WO	2. <input type="checkbox"/> 20 Cobra Pushups <input type="checkbox"/> 20 Roll Ups <input type="checkbox"/> 5 Tricep Isolation Exercises <input type="checkbox"/> Sexy Little Waist! <input type="checkbox"/> Feel My Arms Still WO	3. <input type="checkbox"/> 20 Plie Squats <input type="checkbox"/> 20 V-Ups <input type="checkbox"/> Ultimate Daily Stretching	4. <input type="checkbox"/> 20 Parachuters <input type="checkbox"/> 20 Jackknives <input type="checkbox"/> 5 Weightless Shoulder Isolation <input type="checkbox"/> 8 Minute Abs <input type="checkbox"/> Standing Back WO!
5. <input type="checkbox"/> 20 Hip Twists in Plank <input type="checkbox"/> 20 Star Abs <input type="checkbox"/> 8 Min Abs & Obliques WO! <input type="checkbox"/> Muffintop Shredder WO <input type="checkbox"/> Abs in a Flash!	6. <input type="checkbox"/> 20 Burpees <input type="checkbox"/> 20 Leg Up Crunches <input type="checkbox"/> I let fans choose my workout... <input type="checkbox"/> Best Lower AB WO Ever <input type="checkbox"/> Quick & Crazy Cardio WO	7. <input type="checkbox"/> 20 Plank Walk Openers <input type="checkbox"/> 20 Double Leg Lifts <input type="checkbox"/> Bikini Body WO! <input type="checkbox"/> 5 Min Ab Express WO <input type="checkbox"/> Playa del Plank	8. <input type="checkbox"/> 20 Butterfly Bridges <input type="checkbox"/> 20 Criss Cross <input type="checkbox"/> 5 Underbutt Isolation Exercises <input type="checkbox"/> Waist Whittlers 100 Challenge <input type="checkbox"/> Beach Ready Butt WO	9. <input type="checkbox"/> 20 Oil Riggers <input type="checkbox"/> 20 Rollovers <input type="checkbox"/> Backless Dress WO <input type="checkbox"/> Corset WO for a Slim Waist <input type="checkbox"/> Quick Burn TRICEP WO!	10. <input type="checkbox"/> 20 Lunges <input type="checkbox"/> 20 Leg Outs <input type="checkbox"/> Stretches after Stressful Day	11. <input type="checkbox"/> 20 Walnut Crushers <input type="checkbox"/> 20 Single Leg Drops <input type="checkbox"/> 5 Ways to Toned Arms <input type="checkbox"/> 5 Min Flat Abs! <input type="checkbox"/> Ultimate Back WO
12. <input type="checkbox"/> 20 Sprinters <input type="checkbox"/> 20 Crunches <input type="checkbox"/> Insane Abs & Obliques WO <input type="checkbox"/> 8 Min At-Home Ab WO <input type="checkbox"/> Dance with Me Ab Challenge	13. <input type="checkbox"/> 20 Squat Jumps <input type="checkbox"/> 20 Russian Twists <input type="checkbox"/> Fat Burning Dance WO <input type="checkbox"/> Total Ab WO <input type="checkbox"/> PIIT28 Street Fighter WO	14. <input type="checkbox"/> 20 Plank Jacks <input type="checkbox"/> 20 Butt Ups <input type="checkbox"/> Total Body Pilates WO <input type="checkbox"/> Fast Ab WO <input type="checkbox"/> Crazy Abs, Butt, & Legs WO	15. <input type="checkbox"/> 20 Grasshoppers <input type="checkbox"/> 20 Eagle Crunches <input type="checkbox"/> Brutal Booty <input type="checkbox"/> ABC ABS 2.0 <input type="checkbox"/> Pippa's Butt Wo	16. CASSEY'S BIRTHDAY! <input type="checkbox"/> 20 3-2-1 Prayer Pulses <input type="checkbox"/> 20 Reverse Crunches <input type="checkbox"/> Arms Focus <input type="checkbox"/> 5 Lower Ab Isolation Exercise <input type="checkbox"/> INSANE Weightless Arms Workout	17. <input type="checkbox"/> 20 Sideways Scissors <input type="checkbox"/> 20 Peekaboo Crunches <input type="checkbox"/> Total Body Stretch	18. <input type="checkbox"/> 20 Up Up Down Downs <input type="checkbox"/> 20 Butterfly Sit Ups <input type="checkbox"/> Weightless Arm WO <input type="checkbox"/> Backless Bridal WO <input type="checkbox"/> 5 Ways to Build Your Core
19. <input type="checkbox"/> 20 Corkscrews <input type="checkbox"/> 20 Double Tap Wiggles <input type="checkbox"/> Goodbye Muffintop WO <input type="checkbox"/> Waist Shaper WO!	20. MLK JR DAY <input type="checkbox"/> 20 Squat Claps <input type="checkbox"/> 20 Sit Ups <input type="checkbox"/> Quick Sweat Cardio Beat <input type="checkbox"/> Fun Indoor Cardio WO <input type="checkbox"/> 5 Min Fat Attack	21. <input type="checkbox"/> Spring Leaning Slimdown <input type="checkbox"/> ULTIMATE 2016 AB WO! <input type="checkbox"/> Best Ab Exercises <input type="checkbox"/> Beautiful Abs	22. <input type="checkbox"/> Butt Lift Challenge <input type="checkbox"/> Build a Booty WO <input type="checkbox"/> Ab Sculpting WO <input type="checkbox"/> 3 Min Turbo Abs WO	23. <input type="checkbox"/> Toned Arms & Sexy Shoulders WO <input type="checkbox"/> Exercises for Better Posture <input type="checkbox"/> Waist Trainer Exercises <input type="checkbox"/> ABC Abs!	24. <input type="checkbox"/> Relaxing Stretches for Better Sleep	25. <input type="checkbox"/> Back Attack! <input type="checkbox"/> 3-Minute Killer Back Toning Workout <input type="checkbox"/> Toughest muffintop workout ever! <input type="checkbox"/> 5 Ways to Trim Your Waist
26. <input type="checkbox"/> Quick Burn Obliques! <input type="checkbox"/> 3 Min Turbo Obliques <input type="checkbox"/> Extreme Abs WO 2 <input type="checkbox"/> Intense Ab Mania WO	27. <input type="checkbox"/> Flat Belly Fat Burner <input type="checkbox"/> Intense Ab Burn PIIT <input type="checkbox"/> Perfect 10 Abs! <input type="checkbox"/> Core Crusher	28. <input type="checkbox"/> Total Body WO Challenge <input type="checkbox"/> Low Impact Total Body WO <input type="checkbox"/> 5 Best Exercises to Flatten your Lower Belly <input type="checkbox"/> Hard Core WO	29. <input type="checkbox"/> Perky Butt 'n Long Lean Legs <input type="checkbox"/> 5 Min Beautiful Booty <input type="checkbox"/> Lower Belly Flattener <input type="checkbox"/> Muffintop Melting Moves	30. <input type="checkbox"/> Sexy Toned Arms WO <input type="checkbox"/> Sleek Tank Top Arms <input type="checkbox"/> TOUGH LOVE Handles WO <input type="checkbox"/> Flat Abs in 3 minutes!	31. <input type="checkbox"/> Stretches for Lower Back	