

# MARCH 2020

| Sunday<br>OBLIQUES + ABS   | Monday<br>TOTAL BODY   | Tuesday<br>BUTT  | Wednesday<br>CARDIO   | Thursday<br>UPPER BODY   | Friday<br>STRETCH & RECOVERY  | Saturday<br>LEGS & THIGHS  |
|--|--|--|---|--|---|--|
| <p><b>1.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Silent Death Fat Melting Cardio</li> <li><input type="checkbox"/> 12 Minutes to Toned Abs Workout</li> <li><input type="checkbox"/> Muffintop Massacre</li> <li><input type="checkbox"/> 5 Minute Flat Abs!</li> </ul>  | <p><b>2.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>NEW! Total Body Transformation - Lower Abs</b> </li> <li><input type="checkbox"/> 5 Minute Fat Attack!</li> <li><input type="checkbox"/> 12 Minutes to Toned Total Body</li> <li><input type="checkbox"/> Beautiful Body Pilates</li> <li><input type="checkbox"/> 4 Minutes to Flat Abs &amp; Toned Thighs</li> </ul> | <p><b>3.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Summer Sweatfest</li> <li><input type="checkbox"/> 5 Minute Beautiful Booty</li> <li><input type="checkbox"/> Butt on Fire</li> <li><input type="checkbox"/> 12 Minutes To Toned Booty Workout</li> </ul>   | <p><b>4.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fat Burning Dance Workout</li> <li><input type="checkbox"/> Intense Ab Burn</li> <li><input type="checkbox"/> Quick Cardio Booty Blast</li> <li><input type="checkbox"/> Playa del Plank</li> <li><input type="checkbox"/> 12 Minutes to Burn Fat</li> </ul> | <p><b>5.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Train Insane HIIT Workout!</li> <li><input type="checkbox"/> 6 Min to Sexy Arms!</li> <li><input type="checkbox"/> Toned Arms &amp; Sculpted Back</li> <li><input type="checkbox"/> 12 Minutes to Toned Arms Workout</li> </ul>   | <p><b>6.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stretch &amp; Flexibility Focus</li> <li><input type="checkbox"/> Relax with Me Stretch Routine</li> </ul>                             | <p><b>7.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flat Belly Fat Burner</li> <li><input type="checkbox"/> 6 Min to Sexy Thighs</li> <li><input type="checkbox"/> Perfect Legs Workout</li> <li><input type="checkbox"/> 12 Minutes to Toned Thighs Workout</li> </ul>   |
| <p><b>8.</b></p> <p> <b>INTERNATIONAL WOMEN'S DAY</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 5 Minute Fat Burner</li> <li><input type="checkbox"/> 5 Lower Ab Isolation</li> <li><input type="checkbox"/> Insane Abs &amp; Obliques Workout</li> <li><input type="checkbox"/> 6 Min to a Sexy Little Waist!</li> <li><input type="checkbox"/> Tough Love Handles</li> </ul> | <p><b>9.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>NEW! Total Body Transformation - Inner Thighs</b> </li> <li><input type="checkbox"/> Pumped Up Cardio</li> <li><input type="checkbox"/> Low Impact Total Body Workout</li> <li><input type="checkbox"/> Total Body Pilates Workout</li> <li><input type="checkbox"/> Spring Leaning Slimdown</li> </ul>                | <p><b>10.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Super Fun Cardio Dance Workout!</li> <li><input type="checkbox"/> Build a Booty Workout</li> <li><input type="checkbox"/> Bridal Booty Lift Workout</li> <li><input type="checkbox"/> Natural Butt Lift</li> </ul>   | <p><b>11.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Leg Slimming Workout</li> <li><input type="checkbox"/> HIIT My Abs HARD!!!</li> <li><input type="checkbox"/> Booty Poppin</li> <li><input type="checkbox"/> The ULTIMATE Hot Body Workout</li> </ul>  | <p><b>12.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> FAT BURNING Cardio!</li> <li><input type="checkbox"/> Exercises for Better Posture!</li> <li><input type="checkbox"/> Weightless Arm WO</li> <li><input type="checkbox"/> 5 Minute Toned Arms</li> <li><input type="checkbox"/> Toned &amp; Defined Arms Workout!</li> </ul> | <p><b>13.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stretching for Flexibility!</li> <li><input type="checkbox"/> The BEST Stretches for Chilling Out</li> </ul>                          | <p><b>14.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fun Indoor Cardio Workout</li> <li><input type="checkbox"/> 5 Best Thigh Slimming Exercises</li> <li><input type="checkbox"/> Sculpted Legs in Skinny Leggings Workout</li> <li><input type="checkbox"/> Perky Butt 'n Long Lean Legs</li> </ul>                   |
| <p><b>15.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I Let Fans Choose My Workout...</li> <li><input type="checkbox"/> Corset Workout for a Slim Waist</li> <li><input type="checkbox"/> MUFFINTOPLESS!!!</li> <li><input type="checkbox"/> Lower Belly Flattener</li> </ul>  | <p><b>16.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>NEW! Total Body Transformation - Arms</b> </li> <li><input type="checkbox"/> Total Body Slim Down</li> <li><input type="checkbox"/> Lean &amp; Sculpted Body</li> </ul>   | <p><b>17.</b></p> <p> <b>ST. PATRICK'S DAY</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fat Burning Cardio</li> <li><input type="checkbox"/> 6 Min to a Sexy Booty!</li> <li><input type="checkbox"/> Lift Your Booty WO</li> <li><input type="checkbox"/> 5 Underbutt Isolation Exercises</li> <li><input type="checkbox"/> Brutal Booty!</li> </ul> | <p><b>18.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fat Melter &amp; Ab Trainer</li> <li><input type="checkbox"/> Butt Lift &amp; Slim Thighs</li> </ul>  | <p><b>19.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Snowbunny Blast</li> <li><input type="checkbox"/> Quick Burn Arms!</li> <li><input type="checkbox"/> Back Attack!</li> <li><input type="checkbox"/> Sleek Tank Top Arms</li> <li><input type="checkbox"/> 3 Minute Toned Arms Workout</li> </ul>                             | <p><b>20.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wake Up With Me Workout</li> <li><input type="checkbox"/> Ultimate Daily Stretching</li> </ul>  | <p><b>21.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Serious Standing Pilates for Legs, Butt &amp; Obliques</li> <li><input type="checkbox"/> Crazy Abs, Butt &amp; Legs Workout</li> <li><input type="checkbox"/> 5 Minute Long Lean Legs</li> <li><input type="checkbox"/> Quick Burn INNER THIGH Workout!</li> </ul> |
| <p><b>22.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Knee-Friendly Fat Burn Cardio</li> <li><input type="checkbox"/> 20 Minute Waist Shaping Workout</li> <li><input type="checkbox"/> Dance with Me Ab Challenge</li> <li><input type="checkbox"/> 5 Best Exercises to Flatten your Lower Belly</li> </ul>   | <p><b>23.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>NEW! Total Body Transformation - Abs</b> </li> <li><input type="checkbox"/> Heart on Fire</li> <li><input type="checkbox"/> Slim 'n Sculpt!</li> <li><input type="checkbox"/> Total Body Workout Challenge</li> </ul>   | <p><b>24.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 8 min At Home Cardio Workout!</li> <li><input type="checkbox"/> 5 Best Butt Exercises</li> <li><input type="checkbox"/> Beach Ready Butt Workout</li> <li><input type="checkbox"/> BOOTY FOCUS</li> <li><input type="checkbox"/> 3 Minute Hip Filler &amp; Side Butt Shaping WO</li> </ul>     | <p><b>25.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick Cardio Warm Up</li> <li><input type="checkbox"/> Glutes &amp; Thighs Trimdown!</li> <li><input type="checkbox"/> Fat Burning Ladder</li> <li><input type="checkbox"/> The 100 Burpee Burnout</li> </ul>   | <p><b>26.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick Sweat</li> <li><input type="checkbox"/> Back on Fire</li> <li><input type="checkbox"/> Arm Fat Blaster</li> <li><input type="checkbox"/> 5 Tricep Isolation Exercises to Blast Back Arm Fat</li> </ul>   | <p><b>27.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 Perfect Morning Stretches to Increase Energy</li> <li><input type="checkbox"/> Stretches You Need After a Stressful Day</li> </ul> | <p><b>28.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Butt Lifting &amp; Thigh Sculpting Workout</li> <li><input type="checkbox"/> 20 Minute Natural Glute Enhancing Isolate Workout</li> </ul>  |
| <p><b>29.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Shredding for the Wedding Cardio</li> <li><input type="checkbox"/> Best Ab Exercises for a Toned Tummy!</li> <li><input type="checkbox"/> Extreme Abs 3!</li> <li><input type="checkbox"/> Happily Ever After Abs</li> </ul>   | <p><b>30.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>NEW! Total Body Transformation - Side Glutes</b> </li> <li><input type="checkbox"/> Ultimate Fat Burn WO</li> <li><input type="checkbox"/> Official Prom Dress WO</li> <li><input type="checkbox"/> Hips Butt 'n Thighs WO</li> <li><input type="checkbox"/> Ultimate Butt, Back &amp; Arms Challenge!</li> </ul>     | <p><b>31.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fat Destroyer</li> <li><input type="checkbox"/> Lower Abs &amp; Booty Blast</li> <li><input type="checkbox"/> 3 Minute Butt Shaper</li> <li><input type="checkbox"/> 10 Min Butt Lift Challenge</li> </ul>   |   |  |   |  |

**NEW!** = New Video