

APRIL 2020

Sunday OBLIQUES + ABS	Monday TOTAL BODY	Tuesday BUTT	Wednesday CARDIO	Thursday ARMS	Friday RECOVERY	Saturday LEGS
			1. 🐰 APRIL FOOLS' DAY <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> 12 Minutes to Burn Fat <input type="checkbox"/> Cardio Dance + Ab Workout <input type="checkbox"/> 5 Minute Fat Burner	2. <input type="checkbox"/> Lean & Toned Arms <input type="checkbox"/> 6 Min to Sexy Arms! <input type="checkbox"/> Toned Arms & Sculpted Back <input type="checkbox"/> Toned Arms + Flat Abs	3. <input type="checkbox"/> Relaxing stretches for better sleep & increased flexibility <input type="checkbox"/> 10 Perfect Morning Stretches to Increase Energy	4. <input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> 10 Minute Inner Thigh Slimmer <input type="checkbox"/> 12 Minutes to Toned Thighs Workout <input type="checkbox"/> 3-Minute Thigh Sculpting Workout
5. <input type="checkbox"/> Intense Ab Burn <input type="checkbox"/> 10 Minute Lower Ab Flatteners <input type="checkbox"/> 12 Minutes to Toned Abs Workout <input type="checkbox"/> Beautiful Abs	6. <input type="checkbox"/> NEW VIDEO! <input type="checkbox"/> Total Body Slim Down <input type="checkbox"/> 12 Minutes to Toned - Total Body <input type="checkbox"/> Beautiful Body Pilates	7. <input type="checkbox"/> Booty Poppin // PIIT <input type="checkbox"/> 12 Minutes to Toned Booty Workout <input type="checkbox"/> 20 Minute Natural Glute Enhancing Isolate WO	8. 🕍 PASSOVER BEGINS <input type="checkbox"/> Fat Burning Cardio + Core <input type="checkbox"/> Fat Burning Cardio Warmup <input type="checkbox"/> Heart on Fire POP Cardio <input type="checkbox"/> 5 Minute Fat Attack!	9. <input type="checkbox"/> Knee-Friendly Fat Burn Cardio WO <input type="checkbox"/> Quick Burn Arms! <input type="checkbox"/> Exercises for Better Posture! <input type="checkbox"/> 7 Minutes to Fabulous Arms! <input type="checkbox"/> 5 Chest Isolation Exercises	10. <input type="checkbox"/> Feel-Good Stretches for Splits	11. <input type="checkbox"/> Leg Slimming WO <input type="checkbox"/> 6 Min to Sexy Thighs <input type="checkbox"/> 5 Best THIGH SLIMMING Exercises <input type="checkbox"/> Perfect Legs WO <input type="checkbox"/> Intense INNER THIGH Challenge!
12. 🐣 EASTER <input type="checkbox"/> HIIT My Abs HARD!!! <input type="checkbox"/> 20 Minute Waist Shaping Workout <input type="checkbox"/> 20 Minute Abdominal Isolate Workout	13. <input type="checkbox"/> NEW VIDEO! <input type="checkbox"/> Hip Hop Fat Burn <input type="checkbox"/> The ULTIMATE Hot Body WO <input type="checkbox"/> Butt Lift & Slim Thighs <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper Workout	14. <input type="checkbox"/> Fat Burning Ladder <input type="checkbox"/> 5 Underbutt Isolation Exercises <input type="checkbox"/> INSANE Butt Blaster <input type="checkbox"/> Butt Lift + Ab Chisel <input type="checkbox"/> BOOTY FOCUS	15. <input type="checkbox"/> Silent Death Fat Melting Cardio <input type="checkbox"/> 8 min At Home Cardio Workout! <input type="checkbox"/> Fat Destroyer <input type="checkbox"/> Train Insane HIIT Workout!	16. 🕍 PASSOVER ENDS <input type="checkbox"/> Silent Death Cardio <input type="checkbox"/> 5 Minute Toned Arms <input type="checkbox"/> Arm Fat Blaster <input type="checkbox"/> Arm Slimming Workout	17. <input type="checkbox"/> Stretches You Need After a Stressful Day <input type="checkbox"/> Total Body Stretch	18. <input type="checkbox"/> Quick Sweat <input type="checkbox"/> 5 Minute Long Lean Legs <input type="checkbox"/> Quick Burn Calves! <input type="checkbox"/> 8 min bikini thighs workout! <input type="checkbox"/> Quick Burn INNER THIGH Workout!
19. <input type="checkbox"/> Flat Stomach Fat Melter! <input type="checkbox"/> 5 Exercises to Flatten Lower Belly <input type="checkbox"/> 5 Minute Flat Abs! <input type="checkbox"/> Lower Belly Flatteners <input type="checkbox"/> 6 Min to a Sexy Waist!	20. <input type="checkbox"/> NEW VIDEO! <input type="checkbox"/> Quick Sweat Fat Burning Circuit! <input type="checkbox"/> Total Body Pilates Workout <input type="checkbox"/> 8 min bikini body workout! <input type="checkbox"/> Ultimate Fat Burn Workout	21. <input type="checkbox"/> I Let Fans Choose My Workout <input type="checkbox"/> 6 Min to a Sexy Booty! <input type="checkbox"/> Lower Abs & Booty Blast <input type="checkbox"/> Lift Your Booty WO <input type="checkbox"/> 5 Best Butt Exercises to Sculpt a Cute Booty	22. 🌍 EARTH DAY <input type="checkbox"/> Quick Cardio Warm Up <input type="checkbox"/> Flat Belly Fat Burner <input type="checkbox"/> Fun Indoor Cardio Workout <input type="checkbox"/> Fat Burn Total Body Focus	23. <input type="checkbox"/> Quick & Crazy Cardio Workout <input type="checkbox"/> Toned & Defined Arms Workout! <input type="checkbox"/> Weightless Arm WO <input type="checkbox"/> Complete Arms Workout <input type="checkbox"/> Back on Fire	24. 🕌 RAMADAN BEGINS <input type="checkbox"/> 5 Stretches to get you Feeling Flexible and Thinking Positively <input type="checkbox"/> STRETCH & FLEXIBILITY FOCUS	25. <input type="checkbox"/> Gorgeous Legs <input type="checkbox"/> 5 Inner Thigh Isolations <input type="checkbox"/> Legs on Fire <input type="checkbox"/> Sculpted Legs in Leggings Workout <input type="checkbox"/> Shape of Your Thighs Workout
26. <input type="checkbox"/> SNOWBUNNY BLAST <input type="checkbox"/> Perfect 10 Abs! <input type="checkbox"/> EXTREME ABS Workout <input type="checkbox"/> Muffintop Massacre	27. <input type="checkbox"/> NEW VIDEO! <input type="checkbox"/> Heartbeat Heaven WO <input type="checkbox"/> Crazy Abs, Butt & Legs Workout <input type="checkbox"/> 4 Mins to Flat Abs & Toned Thighs <input type="checkbox"/> Butt, Back & Arms Challenge!	28. <input type="checkbox"/> Strong like Wonder Woman Workout <input type="checkbox"/> 5 Minute Beautiful Booty <input type="checkbox"/> BRUTAL BOOTY! <input type="checkbox"/> 10 Min Butt Lift Challenge <input type="checkbox"/> Butt on Fire	29. <input type="checkbox"/> Pumped Up Cardio Warmup <input type="checkbox"/> FAT BURNING Cardio! <input type="checkbox"/> Summer Sweatfest <input type="checkbox"/> Quick Cardio Booty Blast	30. <input type="checkbox"/> KICK BUTT BLASTER <input type="checkbox"/> Sexy Toned Arms Workout <input type="checkbox"/> POP Pilates: Back Attack! <input type="checkbox"/> 10 Minute Arm Toner	NEW VIDEO! = New Video on YouTube	