







# JUNE 2020

Sunday OBLIQUES + ABS	Monday TOTAL BODY	Tuesday BUTT	Wednesday CARDIO	Thursday UPPER BODY	Friday STRETCH & RECOVERY	Saturday LEGS & THIGHS
	<b>1.</b> <input type="checkbox"/> <b>NEW! Cardio Dance Party Workout</b>  <input type="checkbox"/> 12 Minutes to Burn Fat <input type="checkbox"/> 12 Minutes to Toned - Total Body <input type="checkbox"/> Ultimate Fat Burn Workout	<b>2.</b> <input type="checkbox"/> Booty Poppin // PIIT <input type="checkbox"/> 10 Minute Side Booty Shaper <input type="checkbox"/> 20 Minute Natural Glute Enhancing Isolate Workout	<b>3.</b> <input type="checkbox"/> Fat Melter & Ab Trainer <input type="checkbox"/> SNOWBUNNY BLAST - at home cardio to burn fat!	<b>4.</b> <input type="checkbox"/> Fat Destroyer <input type="checkbox"/> Toned Arms at Home Workout! <input type="checkbox"/> 10 Minute Arm Toner <input type="checkbox"/> 7 Minutes to Fabulous Arms!	<b>5.</b> <input type="checkbox"/> Stretching Routine for Front Splits Flexibility <input type="checkbox"/> Relaxing stretches for better sleep & increased flexibility	<b>6.</b> <input type="checkbox"/> Wake Up With Me Workout <input type="checkbox"/> 12 Minutes to Toned Thighs Workout <input type="checkbox"/> 20 Minute Inner Thigh Isolate WO
<b>7.</b> <input type="checkbox"/> Silent Death Cardio <input type="checkbox"/> Extreme Abs Workout 5x5 <input type="checkbox"/> 10 Minute Waist Whittler	<b>8.</b> <input type="checkbox"/> <b>NEW! The Best Abs Workout</b>  <input type="checkbox"/> Silent Death Fat Melting Cardio <input type="checkbox"/> Lean, Long & Lifted From Head to Toe	<b>9.</b> <input type="checkbox"/> Summer Sweatfest <input type="checkbox"/> 12 Minutes to Toned Booty Workout <input type="checkbox"/> 5 Best Butt Exercises to Sculpt a Cute Booty <input type="checkbox"/> 4 Minute Upper Butt Lifting Workout	<b>10.</b> <input type="checkbox"/> The 100 Burpee Burnout <input type="checkbox"/> Flat Belly Fat Burner <input type="checkbox"/> Quick Sweat <input type="checkbox"/> <b>FAT BURNING Cardio!</b>	<b>11.</b> <input type="checkbox"/> Knee-Friendly Fat Burn Cardio WO <input type="checkbox"/> Toned Tank Top Arms & Back	<b>12.</b> <input type="checkbox"/> Feel-Good Stretches for Splits <input type="checkbox"/> Stretches You Need After a Stressful Day	<b>13.</b> <input type="checkbox"/> Gorgeous Legs <input type="checkbox"/> 10 Minute Inner Thigh Slimmer <input type="checkbox"/> 7-Minute Hip Sculpting WO <input type="checkbox"/> 5 Inner Thigh Isolations <input type="checkbox"/> 3-Minute Thigh Sculpting WO
<b>14.</b> <input type="checkbox"/> HIIT My Abs HARD! <input type="checkbox"/> 10 Minute Ab & Oblique Sculpter <input type="checkbox"/> 10 Minute Lower Ab Flattener <input type="checkbox"/> 12 Minutes to Toned Abs Workout	<b>15.</b> <input type="checkbox"/> <b>NEW! The Best Butt Workout</b>  <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> Fat Burn Machine	<b>16.</b> <input type="checkbox"/> Fat Burning Cardio Warmup <input type="checkbox"/> 6 Min to a Sexy Booty! <input type="checkbox"/> Lower Ab & Booty Blast <input type="checkbox"/> 10 Min Butt Lift Challenge <input type="checkbox"/> Lift Your Booty WO Fittest Butt	<b>17.</b> <input type="checkbox"/> Fun Indoor Cardio Workout <input type="checkbox"/> Fat Burning Cardio + Core <input type="checkbox"/> Total Body Slim Down <input type="checkbox"/> I Let Fans Choose My Workout...and I almost died	<b>18.</b> <input type="checkbox"/> Lean & Toned Arms <input type="checkbox"/> 12 Minutes to Toned Arms Workout <input type="checkbox"/> 20 Minute Weightless Arm Isolate Workout	<b>19.</b> <input type="checkbox"/> Total Body Stretch <input type="checkbox"/> Ultimate Daily Stretching Routine for Flexibility and Relaxation	<b>20. * SUMMER BEGINS</b> <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"/> 5 Minute Long Lean Legs <input type="checkbox"/> Quick Burn Calves! Best Workout for Sexy, Slim Calves!
<b>21. 🍷 FATHER'S DAY</b> <input type="checkbox"/> Intense Ab Burn <input type="checkbox"/> 20 Minute Abdominal Isolate Workout <input type="checkbox"/> 5 Lower Ab Isolation Exercises <input type="checkbox"/> Sore-y Not Sorry Ab Workout Challenge	<b>22.</b> <input type="checkbox"/> <b>NEW! The Best Thigh Workout</b>  <input type="checkbox"/> Shredding for the Wedding Cardio <input type="checkbox"/> The ULTIMATE Hot Body Workout <input type="checkbox"/> Butt Lift & Slim Thighs	<b>23.</b> <input type="checkbox"/> 5 Minute FAT BURNER <input type="checkbox"/> Butt Lift + Ab Chisel <input type="checkbox"/> 5 Underbutt Isolation Exercises <input type="checkbox"/> INSANE Butt Blaster <input type="checkbox"/> 5 Minute Beautiful Booty	<b>24.</b> <input type="checkbox"/> Heartbeat Heaven HIIT Workout <input type="checkbox"/> Fat Burning Dance Workout to "Body-pop" <input type="checkbox"/> Strong like Wonder Woman Workout <input type="checkbox"/> Fight the Fat Workout	<b>25.</b> <input type="checkbox"/> 5 Minute Fat Attack! <input type="checkbox"/> 6 Min to Sexy Arms! <input type="checkbox"/> Quick Burn Arms! <input type="checkbox"/> 5 Minute Toned Arms <input type="checkbox"/> Exercises for Better Posture! <input type="checkbox"/> Toned & Defined Arms Workout!	<b>26.</b> <input type="checkbox"/> Stretching for Leg Flexibility! <input type="checkbox"/> 10 Perfect Morning Stretches to Increase Energy	<b>27.</b> <input type="checkbox"/> Train Insane HIIT Workout! <input type="checkbox"/> Peach Booty & Thigh Shaper
<b>28.</b> <input type="checkbox"/> Flat Stomach Fat Melter! <input type="checkbox"/> 5 Best Exercises to Flatten your Lower Belly <input type="checkbox"/> 5 Minute Flat Abs! <input type="checkbox"/> Lower Belly Flattener <input type="checkbox"/> Extreme Abs WO	<b>29.</b> <input type="checkbox"/> <b>NEW! The Best Body Slimming</b>  <input type="checkbox"/> 8 min At Home Cardio Workout! <input type="checkbox"/> Abs, Butt and Thighs	<b>30.</b> <input type="checkbox"/> Quick Cardio Warm Up <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper WO <input type="checkbox"/> Butt Lifting & Thigh Sculpting Workout <input type="checkbox"/> Quick Burn Booty & Thighs Workout! <input type="checkbox"/> Brutal Booty!				

NEW!  = New Video