

Sunday ABS + OBLIQUES	Monday TOTAL BODY	Tuesday BOOTY	Wednesday CARDIO	Thursday ARMS + BACK	Friday RECOVERY	Saturday LOWER BODY
			1. <input type="checkbox"/> Pumped Up Cardio Warmup! <input type="checkbox"/> Fat Melter & Ab Trainer	2. <input type="checkbox"/> Silent Death Fat Melting Cardio <input type="checkbox"/> 20 Minute Lean Arms Cardio Pilates Workout <input type="checkbox"/> 10 Minute Beautiful Arm Sculpt Pilates Workout	3. <input type="checkbox"/> Yoga for Splits <input type="checkbox"/> Relax with Me Stretch Routine	4. 🇺🇸 4th of July <input type="checkbox"/> Wake Up With Me Workout <input type="checkbox"/> 20 Minute Inner Thigh Isolate WO <input type="checkbox"/> 7-Minute Hip Sculpting Workout
New! 📺 = New Video						
5. <input type="checkbox"/> Flat Stomach Fat Melter! <input type="checkbox"/> Extreme Abs Workout <input type="checkbox"/> 10 Minute Ab & Oblique Sculpter	6. <input type="checkbox"/> NEW! Ab Blast Level 1 Beginner Pilates Ab WO 📺 <input type="checkbox"/> Quick Cardio Warm Up <input type="checkbox"/> At Home Total Body Slimming WO <input type="checkbox"/> 12 Mins to Toned Total Body	7. <input type="checkbox"/> Booty Poppin <input type="checkbox"/> Lower Abs & Booty Blast <input type="checkbox"/> 5 Underbutt Isolation Exercises <input type="checkbox"/> BRUTAL BOOTY! At-Home Pilates Butt Workout!	8. <input type="checkbox"/> Silent Death Cardio <input type="checkbox"/> 12 Minutes to Burn Fat <input type="checkbox"/> Knee-Friendly Fat Burn Cardio WO	9. <input type="checkbox"/> Fat Burning Cardio Warmup <input type="checkbox"/> 7 Minutes to Fabulous Arms! <input type="checkbox"/> Arm Fat Blaster <input type="checkbox"/> Back on Fire	10. <input type="checkbox"/> Feel-Good Stretches for Splits <input type="checkbox"/> Stretching for Flexibility!	11. <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> 20 Minute Leg Slimming Cardio Pilates WO <input type="checkbox"/> 10 Minute Beautiful Thigh Sculpt Pilates WO
12. <input type="checkbox"/> Fat Burn Total Body Focus <input type="checkbox"/> 20 minute Waist Whittler Cardio Pilates WO <input type="checkbox"/> 10 Minute Beautiful Ab Sculpt Pilates WO	13. <input type="checkbox"/> NEW! Core Chiseler Level 2 Intermediate Pilates Ab WO 📺 <input type="checkbox"/> Total Body Slim Down <input type="checkbox"/> Lean, Long & Lifted From Head to Toe	14. <input type="checkbox"/> 5 Minute Fat Attack! <input type="checkbox"/> 20 minute Booty Lift Cardio Pilates WO <input type="checkbox"/> 10 Minute Beautiful Butt Plump WO	15. <input type="checkbox"/> Heart on Fire POP Cardio <input type="checkbox"/> Fun Indoor Cardio WO <input type="checkbox"/> Fat Burning Dance Workout <input type="checkbox"/> Fat Burning Cardio + Core	16. <input type="checkbox"/> PIIT28 Supergirl inspired workout <input type="checkbox"/> 6 Min to Sexy Arms! <input type="checkbox"/> Toned Arms & Sculpted Back POP Pilates <input type="checkbox"/> 5 Chest Isolation Exercises	17. <input type="checkbox"/> Relaxing stretches for better sleep & increased flexibility <input type="checkbox"/> Stretches You Need After a Stressful Day	18. <input type="checkbox"/> Gorgeous Legs <input type="checkbox"/> 10 Minute Inner Thigh Slimmer <input type="checkbox"/> 12 Minutes to Toned Thighs Workout <input type="checkbox"/> 5 Inner Thigh Isolations
19. <input type="checkbox"/> Intense Ab Burn <input type="checkbox"/> 10 Minute Waist Whittler <input type="checkbox"/> 10 Minute Lower Ab Flattener <input type="checkbox"/> 5 Lower Ab Isolation Exercises	20. <input type="checkbox"/> NEW! Extreme Ab Flattener Level 3 Advanced Pilates Ab WO 📺 <input type="checkbox"/> Fat Destroyer <input type="checkbox"/> The ULTIMATE Hot Body WO <input type="checkbox"/> Butt Lift & Slim Thighs	21. <input type="checkbox"/> Quick Cardio Booty Blast <input type="checkbox"/> 10 Minute Side Booty Shaper <input type="checkbox"/> 12 Minutes to Toned Booty Workout <input type="checkbox"/> INSANE Butt Blaster	22. <input type="checkbox"/> The 100 Burpee Burnout <input type="checkbox"/> Flat Belly Fat Burner Snowbunny Blast - at home cardio to burn fat!	23. <input type="checkbox"/> Heartbeat Heaven <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 WO	24. <input type="checkbox"/> 10 Perfect Morning Stretches <input type="checkbox"/> Stretch & Flexibility Focus	25. <input type="checkbox"/> Quick & Crazy Cardio WO <input type="checkbox"/> 6 Min Sexy Thighs <input type="checkbox"/> 5 Best Thigh Slimming Exercises <input type="checkbox"/> 5 Minute Lean Legs <input type="checkbox"/> Perfect Legs WO
26. <input type="checkbox"/> 5 Minute Fat Burner <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"/> 6 Min to a Sexy Waist!	27. <input type="checkbox"/> NEW! 30 Minutes to Splits 📺 <input type="checkbox"/> Cardio Beat <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper <input type="checkbox"/> Total Body Pilates <input type="checkbox"/> Quick Burn Booty & Thighs Workout!	28. <input type="checkbox"/> Fat Burning Cardio! <input type="checkbox"/> Lift Your Booty WO <input type="checkbox"/> Best Butt Workout <input type="checkbox"/> 5 Minute Beautiful Booty <input type="checkbox"/> Butt on Fire	29. <input type="checkbox"/> Shredding for the Wedding Cardio WO <input type="checkbox"/> 8 min At Home Cardio Workout! <input type="checkbox"/> Summer Sweatfest	30. <input type="checkbox"/> Hip Hop Fat Burn <input type="checkbox"/> Victoria Secret Angel Arm Slimming Workout <input type="checkbox"/> Sexy Toned Arms Workout <input type="checkbox"/> Toned Arms + Flat Abs WO	31. <input type="checkbox"/> 5 Stretches to get you Feeling Flexible and Thinking Positively <input type="checkbox"/> Total Body Stretch	