

# AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1.</b> <ul style="list-style-type: none"> <li>Fat Burning Ladder for Toned Thighs and Sculpted Abs</li> <li>Perfect 10 Abs</li> <li>ABS FOCUS</li> <li>INSANE Abs &amp; Obliques Workout</li> </ul>	<b>2.</b> <ul style="list-style-type: none"> <li>Butty Poppin</li> <li>5 Moves to Lift Your Butt &amp; 5 Tips for Living your Best Life</li> <li>5 Min Beautiful Booty</li> </ul>	<b>3.</b> <ul style="list-style-type: none"> <li>Quick Sweat</li> <li>Goodbye Muffintop Workout</li> <li>21 Min All in One Tone Workout</li> </ul>	<b>4.</b> <ul style="list-style-type: none"> <li>Lean &amp; Toned Arms</li> <li>A+ Arms</li> </ul>	<b>5.</b> <ul style="list-style-type: none"> <li>10 Min Full Body Warm Up</li> <li>Sculpted Thighs &amp; Tight Abs</li> <li>Best Thigh Exercises for Toned Legs</li> </ul>
<b>6.</b> <ul style="list-style-type: none"> <li>Stretch + De-Stress</li> </ul>	<b>7.</b> <ul style="list-style-type: none"> <li>Exercises to Grow Taller, Improve Posture &amp; Get Lean</li> <li>10 Min Inner Thigh Slimmer</li> <li>7 Min to Fabulous Arms</li> <li>Lower Belly Flattener</li> </ul>	<b>8.</b> <ul style="list-style-type: none"> <li>FAT BURNING Cardio</li> <li>21 Min Ab Tone Workout</li> <li>Total Ab Workout</li> </ul>	<b>9.</b> <ul style="list-style-type: none"> <li>KICK BUTT BLASTER</li> <li>The Bold &amp; the Bootiful Workout</li> <li>Butt Workout for a Nice Shaped Booty</li> <li>3 Min Butt Shaper</li> </ul>	<b>10.</b> <ul style="list-style-type: none"> <li>21 Min Cardio Burn N' Tone Workout</li> <li>10 Min Beautiful Ab Sculpt Pilates Workout</li> <li>4 Min to Flat Abs &amp; Toned Thighs</li> </ul>	<b>11.</b> <ul style="list-style-type: none"> <li>12 Min to Burn Fat</li> <li>12 Min Upper Body Workout with Weights</li> <li>5 Min Toned Arms</li> </ul>	<b>12.</b> <ul style="list-style-type: none"> <li>Hip Hop Fat Burn</li> <li>8 Min Bikini Thighs Workout</li> <li>30 Day Thigh Slimming Challenge</li> <li>Quick Burn SADDLEBAGS Slimdown</li> </ul>
<b>13.</b> <ul style="list-style-type: none"> <li>21 Min Flexibility Fix</li> </ul>	<b>14.</b> <ul style="list-style-type: none"> <li>How to Grow Taller</li> <li>12 Min to Toned Abs Workout</li> <li>5 Best THIGH SLIMMING Exercises</li> <li>Train Insane HIIT Workout</li> </ul>	<b>15.</b> <ul style="list-style-type: none"> <li>Flat Stomach Fat Melter</li> <li>Extreme Abs Workout 2</li> <li>Intense Ab Mania Workout</li> </ul>	<b>16.</b> <ul style="list-style-type: none"> <li>Quick Cardio Warm Up</li> <li>5 Underbutt Isolation Exercises</li> <li>8 Min Bikini Workout</li> <li>7 Min Booty Burn</li> </ul>	<b>17.</b> <ul style="list-style-type: none"> <li>Quick Sweat Fat Burning Circuit</li> <li>Happily Ever After Abs</li> <li>10 Min Cardio Pilates Workout</li> </ul>	<b>18.</b> <ul style="list-style-type: none"> <li>10 Min Fat Burning Cardio</li> <li>10 Min Beautiful Arm Sculpt Pilates Workout</li> <li>Backless Bride Back Toning Workout</li> </ul>	<b>19.</b> <ul style="list-style-type: none"> <li>Silent Death Fat Melting Cardio</li> <li>5 Inner Thigh Isolations</li> <li>Quick Burn Calves</li> <li>5 Min Long Lean Legs</li> </ul>
<b>20.</b> <ul style="list-style-type: none"> <li>Stretches You Need After a Stressful Day</li> <li>Stretch Combo to Relieve Low Back Pain</li> </ul>	<b>21.</b> <ul style="list-style-type: none"> <li>SNOWBUNNY BLAST</li> <li>10 Min Lower Ab Flattener</li> <li>5 Ways to Sculpt Long Legs &amp; Beat Laziness</li> <li>5 Chest Isolation Exercises</li> </ul>	<b>22.</b> <ul style="list-style-type: none"> <li>FAT BURN TOTAL BODY FOCUS</li> <li>20 Min Waist Shaping Workout</li> <li>The 5 Best &amp; Most Effective Ab Exercises</li> </ul>	<b>23.</b> <ul style="list-style-type: none"> <li>5 Min FAT BURNER</li> <li>Lift Your Booty Workout</li> <li>30 Min Extreme Butt Shaping Workout</li> </ul>	<b>24.</b> <ul style="list-style-type: none"> <li>Fat Burning Dance Workout to "Bodypop"</li> <li>Fat Destroyer</li> <li>10 Min Ab &amp; Oblique Sculpter</li> <li>Low Impact Total Body Workout</li> </ul>	<b>25.</b> <ul style="list-style-type: none"> <li>10 Min Anti-Bloating Cardio</li> <li>5 Ways to Toned Arms &amp; True Friends</li> <li>10 Min Arm Toner</li> </ul>	<b>26.</b> <ul style="list-style-type: none"> <li>Can I do 1000 squats?</li> </ul>
<b>27.</b> <ul style="list-style-type: none"> <li>STRETCH &amp; FLEXIBILITY FOCUS</li> <li>5 Stretches to Feel Flexible and Thinking Positively</li> </ul>	<b>28.</b> <ul style="list-style-type: none"> <li>Glutes &amp; Thighs Trimdown</li> <li>10 Min Arm Toner</li> <li>Toned Arms + Flat Abs</li> <li>Real Life Waist Trainer Exercises</li> </ul>	<b>29.</b> <ul style="list-style-type: none"> <li>Pumped Up Cardio Warmup</li> <li>Extreme Muffintop Crushing Workout</li> <li>21 Min Cardio Abs Workout</li> </ul>	<b>30.</b> <ul style="list-style-type: none"> <li>Quick Cardio Booty Blast</li> <li>BRUTAL BOOTY</li> <li>INSANE Butt Blaster</li> <li>6 Min to a Sexy Booty</li> </ul>	<b>31.</b> <ul style="list-style-type: none"> <li>Ultimate Fat Burn Workout</li> <li>10 Min Ab Sculpting Workout</li> <li>12 Min to Toned Total Body Workout</li> <li>Gigi Hadid's No Equipment Travel Routine</li> </ul>		