

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. <input type="checkbox"/> Stretch + De-Stress	2. <input type="checkbox"/> Fat Burning Cardio + Core <input type="checkbox"/> 21 Min All in One Tone Workout <input type="checkbox"/> HIIT My Abs Hard!!!	3. <input type="checkbox"/> The ULTIMATE 2016 AB WORKOUT! <input type="checkbox"/> 20 Min Abdominal Isolate Workout	4. <input type="checkbox"/> 21 Min Total Booty Tone Workout <input type="checkbox"/> 15 Min Pilates Booty Workout	5. <input type="checkbox"/> 10 Min Full Body Warm Up <input type="checkbox"/> Fat Burn Machine	6. <input type="checkbox"/> 20 Min Lean Arms Cardio Pilates Workout <input type="checkbox"/> 15 Min Arm Burnout	7. <input type="checkbox"/> 20 Min Quick THIGH & LEG Workout <input type="checkbox"/> 10 Min Beautiful Thigh Sculpt Pilates Workout
8. <input type="checkbox"/> Relax with Me Stretch Routine <input type="checkbox"/> Relaxing stretches for better sleep & increased flexibility	9. <input type="checkbox"/> Quick Sweat Fat Burning Circuit <input type="checkbox"/> Lean & Sculpted Body	10. <input type="checkbox"/> 12 Min to Burn Fat <input type="checkbox"/> Britney Spears' Hard Abs Workout <input type="checkbox"/> ABS FOCUS	11. <input type="checkbox"/> 10 Min Fat Burning Cardio <input type="checkbox"/> Bombshell Bootification	12. <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> Crazy Abs, Butt & Legs Workout <input type="checkbox"/> The ULTIMATE Hot Body Workout	13. <input type="checkbox"/> Silent Death Fat Melting Cardio <input type="checkbox"/> 12 Min to Toned Arms Workout <input type="checkbox"/> 10 Min Beautiful Arm Sculpt Pilates Workout	14. <input type="checkbox"/> 15 Min Thigh Strength Test <input type="checkbox"/> 20 Min Inner Thigh Isolate Workout
15. <input type="checkbox"/> 21 Min Flexibility Fix	16. <input type="checkbox"/> 10 Min Cardio Pilates Workout <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper Workout <input type="checkbox"/> SNOWBUNNY BLAST	17. <input type="checkbox"/> Real Life Waist Trainer Exercises <input type="checkbox"/> 5 Ways to Build your Core & Confidence <input type="checkbox"/> 5 Ways to Trim Your Waist	18. <input type="checkbox"/> 10 Min Anti-Bloating Cardio <input type="checkbox"/> 20 Min Round Booty Workout <input type="checkbox"/> 7 Min Booty Burn	19. <input type="checkbox"/> Fat Burning Cardio Sculpt With Weights <input type="checkbox"/> Lean, Long & Lifted From Head to Toe	20. <input type="checkbox"/> Toned Arms + Flat Abs <input type="checkbox"/> Complete Arms Workout <input type="checkbox"/> Sexy Toned Arms Workout <input type="checkbox"/> Toned & Defined Arms Workout	21. <input type="checkbox"/> Best Thigh Exercises for Toned Legs <input type="checkbox"/> Quick Burn INNER THIGH Workout <input type="checkbox"/> 20 Min Leg Slimming Cardio Pilates Workout
22. <input type="checkbox"/> Stretch Combo to Relieve Low Back Pain <input type="checkbox"/> Total Body Stretch	23. <input type="checkbox"/> 21 Min Cardio Burn N' Tone Workout <input type="checkbox"/> 12 Min to Toned Total Body Workout	24. <input type="checkbox"/> 15 Min Ab Fit Test <input type="checkbox"/> 21 Min Cardio Abs Workout	25. <input type="checkbox"/> 20 Min Booty Lift Cardio Pilates Workout <input type="checkbox"/> Booty Band Workout For A Toned Butt	26. <input type="checkbox"/> Silent Death Cardio <input type="checkbox"/> 30 Min Head to Toe Tone	27. <input type="checkbox"/> FAT BURNING Cardio <input type="checkbox"/> 21 Min Total Arm Tone Workout <input type="checkbox"/> 10 Min Arm Toner	28. <input type="checkbox"/> 10 Min Inner Thigh Slimmer <input type="checkbox"/> 30 Min EXTREME Pilates Thigh Workout
29. <input type="checkbox"/> Wake Up With Me Workout <input type="checkbox"/> Feel Good Soul Stretches	30. <input type="checkbox"/> 10 Min Fat Burning Cardio Workout <input type="checkbox"/> Abs, Butt and Thighs	31. <input type="checkbox"/> 21 Min Ab Tone Workout <input type="checkbox"/> 10 Min Pilates Ab Workout <p style="text-align: center;">HALLOWEEN</p>				