

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. <ul style="list-style-type: none"> Quick Cardio Booty Blast Do this every day for a toned butt 21 Min Total Booty Tone Workout 4 Min Upper Butt Lifting Workout 	2. <ul style="list-style-type: none"> FAT BURN TOTAL BODY FOCUS 30 Min Head to Toe Tone (with weights) 5 Lower Ab Isolation Exercises 	3. <ul style="list-style-type: none"> Apartment Friendly Warmup 15 Min Arm Burnout 10 Min Arm Toner Toned Arms at Home Workout 	4. <ul style="list-style-type: none"> Gorgeous Legs 30 Min EXTREME Pilates Thigh Workout 15 Min Booty Band Burnout
5. <ul style="list-style-type: none"> 21 Min Flexibility Fix 10 Perfect Morning Stretches to Increase Energy 	6. <ul style="list-style-type: none"> 10 Min Cardio Pilates Workout Fat Burn Machine 	7. <ul style="list-style-type: none"> Shredding for the Wedding Cardio Workout 15 Min Ab Fit Test 5 Ways to Trim Your Waist and Get Back on Track 8 Min At-Home Ab Workout with The Bella Twins 	8. <ul style="list-style-type: none"> Booty Poppin 20 Min Round Booty Workout 10 Min Beautiful Butt Plump Workout INSANE Butt Blaster 	9. <ul style="list-style-type: none"> 10 Min Fat Burning Cardio 21 Min All in One Tone Workout 12 Min to Toned Total Body Workout 	10. <ul style="list-style-type: none"> 10 Min Full Body Warm Up 21 Min Total Arm Tone Workout 15 Min Weightless Arms Workout 	11. <ul style="list-style-type: none"> Leg Slimming Workout 20 Min Quick THIGH & LEG workout 15 Min Thigh Strength Test 5 Inner Thigh Isolations <p>VETERAN'S DAY</p>
12. <ul style="list-style-type: none"> 15 Min Deep Stretch for Splits Stretch Combo to Relieve Low Back Pain 	13. <ul style="list-style-type: none"> 21 Min Cardio Burn N' Tone Workout Ultimate Fat Burn Workout Spring Leaning Slimdown The Ultimate Butt, Back & Arms Challenge 	14. <ul style="list-style-type: none"> 10 Min Fat Burning Cardio Workout 12 Min Standing Ab Workout 21 Min Cardio Abs Workout 	15. <ul style="list-style-type: none"> Wake Up With Me Workout 30 Min Extreme Butt Shaping Workout 7 Min Booty Burn 	16. <ul style="list-style-type: none"> Total Body Slim Down Total Body Tone Fest Crazy Abs, Butt & Legs Workout Playa del Plank Quick Burn Booty & Thighs Workout 	17. <ul style="list-style-type: none"> Quick Cardio Warm Up The ULTIMATE Weightless Arm Sculpt 12 Min Upper Body Workout with Weights 5 Weightless Shoulder Isolation Exercises 	18. <ul style="list-style-type: none"> Silent Death Fat Melting Cardio 12 Min to Toned Thighs Workout 10 Min Beautiful Thigh Sculpt Pilates Workout 7 Min Hip Sculpting Workout
19. <ul style="list-style-type: none"> Yoga for Splits 5 Stretches to Feel Flexible and Think Positive 	20. <ul style="list-style-type: none"> 10 Min Anti-Bloating Cardio Lean & Sculpted Body 10 Min Ab Sculpting Workout 	21. <ul style="list-style-type: none"> Knee-Friendly Fat Burn Cardio Workout 21 Min Ab Tone Workout 10 Min Beautiful Ab Sculpt Pilates Workout 	22. <ul style="list-style-type: none"> 12 Min to Burn Fat 20 Min Booty Lift Cardio Pilates Workout 12 Min to Toned Booty Workout 	23. <ul style="list-style-type: none"> Fat Burning Ladder for Toned Thighs and Sculpted Abs Fat-Burning Cardio Sculpt Lean, Long & Lifted From Head to Toe <p>THANKSGIVING</p>	24. <ul style="list-style-type: none"> Lean & Toned Arms Extreme Weightless Arm Toner 10 Min Beautiful Arm Sculpt Pilates Workout <p>BLACK FRIDAY</p>	25. <ul style="list-style-type: none"> FAT BURNING Cardio 20 Min Leg Slimming Cardio Pilates Workout 20 Min Inner Thigh Isolate Workout
26. <ul style="list-style-type: none"> Feel-Good Stretches for Splits 	27. <ul style="list-style-type: none"> I Let Fans Choose My Workout... Fat Melter & Ab Trainer Quick Burn Obliques 	28. <ul style="list-style-type: none"> Fat Burning Cardio + Core Intense Ab Burn HIIT My Abs HARD!!! Flat Belly Fat Burner <p>HALLOWEEN</p>	29. <ul style="list-style-type: none"> 5 Min FAT BURNER 20 Min Natural Glute Enhancing Isolate Workout 5 Underbutt Isolation Exercises BOOTY FOCUS Lift Your Booty Workout 	30. <ul style="list-style-type: none"> Quick Sweat Abs, Butt and Thighs Low Impact Total Body Workout 		