

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. <input type="checkbox"/> 10 Min Fat Burning Cardio <input type="checkbox"/> 15 Min Weightless Arms Workout <input type="checkbox"/> The ULTIMATE Weightless Arm Sculpt	2. <input type="checkbox"/> 10 Min Cardio Pilates Workout <input type="checkbox"/> 20 Min Inner Thigh Isolate Workout <input type="checkbox"/> 5 Inner Thigh Isolations
3. <input type="checkbox"/> 21 Min Flexibility Fix	4. <input type="checkbox"/> 21 Min Cardio Burn N' Tone Workout <input type="checkbox"/> 21 Min All in One Tone Workout	5. <input type="checkbox"/> 10 Min Anti-Bloating Cardio <input type="checkbox"/> 15 Min Ab Fit Test <input type="checkbox"/> 10 Min Pilates Ab Workout	6. <input type="checkbox"/> 10 Min Fat Burning Cardio Workout <input type="checkbox"/> Lower Abs & Booty Blast <input type="checkbox"/> 5 Best Butt Exercises to Sculpt a Cute Booty <input type="checkbox"/> 5 Min Beautiful Booty	7. <input type="checkbox"/> 10 Min Full Body Warm Up <input type="checkbox"/> The ULTIMATE Hot Body Workout <input type="checkbox"/> Total Body Pilates Workout FIRST DAY OF HANUKKAH	8. <input type="checkbox"/> 8 Min At Home Cardio Workout <input type="checkbox"/> 12 Min Upper Body Workout with Weights <input type="checkbox"/> 10 Min Beautiful Arm Sculpt Pilates Workout <input type="checkbox"/> 7 Min to Fabulous Arms	9. <input type="checkbox"/> Fat Burning Cardio Warm Up <input type="checkbox"/> 20 Min Leg Slimming Cardio Pilates Workout <input type="checkbox"/> 10 Min Inner Thigh Slimmer
10. <input type="checkbox"/> Stretch + De-Stress	11. <input type="checkbox"/> Flat Belly Fat Burner <input type="checkbox"/> 30 Min Head to Toe Tone	12. <input type="checkbox"/> Quick Cardio Warm Up <input type="checkbox"/> 25 Min Extreme Abs Workout <input type="checkbox"/> 5 Best Exercises to Flatten your Lower Belly	13. <input type="checkbox"/> Fun Indoor Cardio Workout <input type="checkbox"/> 20 Min Natural Glute Enhancing Isolate Workout <input type="checkbox"/> Lift Your Booty Workout	14. <input type="checkbox"/> 5 Min FAT BURNER <input type="checkbox"/> 10 Min Beautiful Ab Sculpt Pilates Workout <input type="checkbox"/> Abs, Butt and Thighs	15. <input type="checkbox"/> Quick Cardio Booty Blast <input type="checkbox"/> 21 Min Total Arm Tone Workout <input type="checkbox"/> Toned Arms at Home Workout <input type="checkbox"/> 3 Min Killer Back Toning Workout	16. <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> 20 Min QUICK THIGH & LEG workout <input type="checkbox"/> Beginner Pilates Thigh Toning Workout
17. <input type="checkbox"/> Feel-Good Stretches for Splits	18. <input type="checkbox"/> 5 Min Fat Attack <input type="checkbox"/> Fat-Burning Cardio Sculpt with Weights <input type="checkbox"/> 15 Min Full Body Workout with Bands <input type="checkbox"/> Low Impact Total Body Workout	19. <input type="checkbox"/> Quick & Crazy Cardio Workout <input type="checkbox"/> 5 Lower Ab Isolation Exercises <input type="checkbox"/> Lower Belly Flattener <input type="checkbox"/> POP Pilates: Muffintop Massacre	20. <input type="checkbox"/> HIIT My Abs HARD!!! <input type="checkbox"/> 6 Min to a Sexy Booty <input type="checkbox"/> 5 Underbutt Isolation Exercises <input type="checkbox"/> 12 Min to Toned Booty Workout	21. <input type="checkbox"/> Quick Sweat Fat Burning Circuit <input type="checkbox"/> Butt Lift & Slim Thighs <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper Workout <input type="checkbox"/> Abs on Fire	22. <input type="checkbox"/> Pumped Up Cardio Warmup <input type="checkbox"/> Extreme Weightless Arm Toner	23. <input type="checkbox"/> Silent Death Fat Melting Cardio <input type="checkbox"/> 30 Min EXTREME Pilates Thigh Workout <input type="checkbox"/> Intense INNER THIGH Challenge
24. <input type="checkbox"/> Yoga for Splits CHRISTMAS EVE	25. <input type="checkbox"/> Fat Burning Ladder for Toned Thighs and Sculpted Abs <input type="checkbox"/> 12 Min to Toned Total Body Workout <input type="checkbox"/> Ultimate Fat Burn Workout <input type="checkbox"/> 8 Min Bikini Body Workout CHRISTMAS	26. <input type="checkbox"/> 12 Min to Burn Fat <input type="checkbox"/> 20 Min Waist Whittler Cardio Pilates Workout <input type="checkbox"/> 5 Min Ab Express Workout KWANZAA	27. <input type="checkbox"/> Knee-Friendly Fat Burn Cardio Workout <input type="checkbox"/> 10 Min Side Booty Shaper <input type="checkbox"/> 20 Min Booty Lift Cardio Pilates Workout	28. <input type="checkbox"/> Flat Stomach Fat Melter <input type="checkbox"/> Butt Lifting & Thigh Sculpting Workout <input type="checkbox"/> 8 Min Abs & Obliques Workout <input type="checkbox"/> 4 Min to Flat Abs & Toned Thighs	29. <input type="checkbox"/> Heart on Fire <input type="checkbox"/> 20 Min Lean Arms Cardio Pilates Workout <input type="checkbox"/> 12 Min to Toned Arms	30. <input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Sculpted Thighs & Tight Abs <input type="checkbox"/> 7 Min Hip Sculpting Workout
31. <input type="checkbox"/> 15 Min Deep Stretch for Splits NEW YEAR'S EVE						