

JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. <ul style="list-style-type: none"> 21 Min Cardio Burn N' Tone Workout 10 Min Anti-Bloating Cardio WHOA WHOA!!! Whole Body Workout NEW YEAR'S DAY	2. <ul style="list-style-type: none"> Abdominal Etcher & Butt Enhancer 3 Min Obliques Workout 	3. <ul style="list-style-type: none"> 20 Min Natural Glute Enhancing Workout Butt Lifting & Thigh Sculpting Workout 5 Min Beautiful Booty 	4. <ul style="list-style-type: none"> 21 Min All in One Tone Workout The ULTIMATE Hot Body Workout 	5. <ul style="list-style-type: none"> Toned Tank Top Arms & Back 15 Min Arm Burnout 	6. <ul style="list-style-type: none"> 20 Min Inner Thigh Isolate Workout Perfect Legs Workout 6 Min to Sexy Thighs
7. <ul style="list-style-type: none"> Stretch + De-stress 	8. <ul style="list-style-type: none"> Fat Burn Machine Fat Burning Ladder for Toned Thighs and Sculpted Abs 	9. <ul style="list-style-type: none"> Extreme Ab Flattener ABS FOCUS 	10. <ul style="list-style-type: none"> 21 Min Total Booty Tone Workout 20 Min Round Booty Workout 	11. <ul style="list-style-type: none"> Slim n' Sculpt 12 Mins to Toned Total Body Workout Beautiful Body Pilates 	12. <ul style="list-style-type: none"> Extreme Weightless Arm Toner 12 Mins to Toned Arms Workout 	13. <ul style="list-style-type: none"> Peach Booty & Thigh Shaper Hips Butt n' Thighs Super Shaper Workout
14. <ul style="list-style-type: none"> 21 Min Flexibility Fix 	15. <ul style="list-style-type: none"> 30 Min Head to Toe Tone FAT BURN TOTAL BODY FOCUS MLK DAY	16. <ul style="list-style-type: none"> Abdominal Destruction Perfect 10 Abs! CASSEY'S B-DAY!	17. <ul style="list-style-type: none"> 30 Min Extreme Butt Shaping Workout Butt Lift + Ab Chisel 	18. <ul style="list-style-type: none"> 12 Mins to Burn Fat Silent Death Cardio Crazy Abs, Butt & Legs Workout 	19. <ul style="list-style-type: none"> 20 Min Lean Arms Cardio Pilates Workout The ULTIMATE Weightless Arm Sculpt 	20. <ul style="list-style-type: none"> 30 Min EXTREME Pilates Thigh Workout Sculpted Thighs & Tight Abs
21. <ul style="list-style-type: none"> Feel-Good Stretches for Splits 	22. <ul style="list-style-type: none"> Lean & Sculpted Body Butt Lift & Slim Thighs 	23. <ul style="list-style-type: none"> Snatched Waist & Shapely Thighs Beautiful Abs 	24. <ul style="list-style-type: none"> Bombshell Bootification Butt Workout for a Nice Shaped Booty 	25. <ul style="list-style-type: none"> Flat Belly Fat Burner 8 Min At Home Cardio Workout 10 Min Fat Burning Cardio Workout 	26. <ul style="list-style-type: none"> 21 Min Total Arm Tone Workout 20 Min Weightless Arm Isolate Workout 	27. <ul style="list-style-type: none"> 20 Min Leg Slimming Cardio Pilates Workout Sculpted Legs in Skinny Leggings Workout Toned Thighs Workout
28. <ul style="list-style-type: none"> Yoga for Splits Relax with Me Stretch Routine 	29. <ul style="list-style-type: none"> Fat Melter & Ab Trainer Low Impact Total Body Workout 	30. <ul style="list-style-type: none"> Abs, Butt and Thighs Extreme Abs Workout 2 	31. <ul style="list-style-type: none"> Lower Abs & Booty Blast 10 Min Side Booty Shaper 5 Best Butt Exercises to Sculpt a Cute Booty 			