

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. <input type="checkbox"/> Extreme Weightless Arm Toner <input type="checkbox"/> 10 Min Beautiful Arm Sculpt Pilates Workout	2. <input type="checkbox"/> 5 Inner Thigh Isolations <input type="checkbox"/> 5 Ways to Sculpt Long Legs & Beat Laziness <input type="checkbox"/> Glutes & Thighs Trimdown <input type="checkbox"/> 20 Min Quick THIGH & LEG workout
3. <input type="checkbox"/> Stretch + De-Stress	4. <input type="checkbox"/> 30 Min Head to Toe Tone (with weights) <input type="checkbox"/> At Home Total Body Slimming Workout	5. <input type="checkbox"/> 21 Min Cardio Abs Workout <input type="checkbox"/> 21 Min Ab Tone Workout	6. <input type="checkbox"/> Silent Death Fat Melting Cardio <input type="checkbox"/> 5 Underbutt Isolation Exercises <input type="checkbox"/> 12 Min to Toned Booty Workout <input type="checkbox"/> 10 Min Butt Lift Challenge <input type="checkbox"/> 6 Min to Sexy Booty	7. <input type="checkbox"/> Shredding for the Wedding Cardio Workout <input type="checkbox"/> Total Body Tone Fest <input type="checkbox"/> Ultimate Fat Burn Workout <input type="checkbox"/> Core Chiseler	8. <input type="checkbox"/> Toned Tank Top Arms & Back <input type="checkbox"/> 15 Min Arm Burnout	9. <input type="checkbox"/> 10 Min Fat Burning Cardio Workout <input type="checkbox"/> 20 Min Leg Slimming Cardio Pilates Workout <input type="checkbox"/> 20 Min Inner Thigh Isolate Workout
10. <input type="checkbox"/> 21 Min Flexibility Fix <input type="checkbox"/> Relax with Me Stretch Routine DAYLIGHT SAVINGS	11. <input type="checkbox"/> 10 Min Cardio Pilates Workout <input type="checkbox"/> 21 Min All in One Tone Workout <input type="checkbox"/> Fat-Burning Cardio Sculpt	12. <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> 12 Min Standing Ab Workout <input type="checkbox"/> 15 Min Ab Fit Test <input type="checkbox"/> 10 Min Pilates Ab Workout	13. <input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> 20 Min Natural Glute Enhancing Isolate Workout <input type="checkbox"/> Lower Abs & Booty Blast	14. <input type="checkbox"/> FAT BURNING Cardio <input type="checkbox"/> Crazy Abs, Butt & Legs Workout <input type="checkbox"/> Butt Lift & Slim Thighs <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper Workout <input type="checkbox"/> 5 Best Exercises to Flatten Lower Belly	15. <input type="checkbox"/> 10 Min Fat Burning Cardio <input type="checkbox"/> 15 Min Weightless Arms Workout <input type="checkbox"/> 12 Min to Toned Arms Workout <input type="checkbox"/> 5 Tricep Isolation Exercises	16. <input type="checkbox"/> SNOWBUNNY BLAST <input type="checkbox"/> Legs on Fire <input type="checkbox"/> 5 Best THIGH SLIMMING Exercises <input type="checkbox"/> 15 Min Thigh Strength Test
17. <input type="checkbox"/> Feel-Good Stretches for Splits ST. PATRICK'S DAY	18. <input type="checkbox"/> 21 Min Cardio Burn N' Tone Workout <input type="checkbox"/> Beautiful Body Pilates <input type="checkbox"/> 12 Min to Toned Total Body Workout	19. <input type="checkbox"/> HIIT My Abs HARD!!! <input type="checkbox"/> Quick Sweat Fat Burning Circuit <input type="checkbox"/> 20 Min Waist Whittler Cardio Pilates Workout <input type="checkbox"/> 10 Min Beautiful Ab Sculpt Pilates Workout	20. <input type="checkbox"/> Quick Cardio Booty Blast <input type="checkbox"/> 20 Min Booty Lift Cardio Pilates Workout <input type="checkbox"/> INSANE Butt Blaster <input type="checkbox"/> Butt Lift + Ab Chisel	21. <input type="checkbox"/> 8 Min At Home Cardio Workout <input type="checkbox"/> Fat Burning Cardio Warmup <input type="checkbox"/> The ULTIMATE Hot Body Workout <input type="checkbox"/> Total Body Pilates Workout <input type="checkbox"/> 5 Lower Ab Isolation Exercises	22. <input type="checkbox"/> Lean & Toned Arms <input type="checkbox"/> 12 Min Upper Body Workout with Weights <input type="checkbox"/> Toned Arms at Home Workout <input type="checkbox"/> Toned Arms + Flat Abs	23. <input type="checkbox"/> 12 Min to Burn Fat <input type="checkbox"/> 10 Min Beautiful Thigh Sculpt Pilates Workout <input type="checkbox"/> 10 Min Inner Thigh Slimmer <input type="checkbox"/> Quick Burn SADDLEBAGS Slimdown
24. <input type="checkbox"/> 10 Perfect Morning Stretches to Increase Energy <input type="checkbox"/> Total Body Stretch	25. <input type="checkbox"/> 10 Min Full Body Warm Up <input type="checkbox"/> Fat Burning Cardio + Core <input type="checkbox"/> Flat Belly Fat Burner <input type="checkbox"/> 10 Min Anti-Bloating Cardio	26. <input type="checkbox"/> 12 Min to Toned Abs Workout <input type="checkbox"/> 10 Min Lower Ab Flattener <input type="checkbox"/> 10 Min Ab & Oblique Sculpter <input type="checkbox"/> 10 Min Waist Whittler	27. <input type="checkbox"/> 8 Min Bikini Butt Workout <input type="checkbox"/> 5 Best Butt Exercises to Sculpt a Cute Booty <input type="checkbox"/> BRUTAL BOOTY <input type="checkbox"/> 20 Min Round Booty Workout	28. <input type="checkbox"/> Quick Cardio Warm Up <input type="checkbox"/> 5 Min FAT BURNER <input type="checkbox"/> Flat Stomach Fat Melter <input type="checkbox"/> Fat Destroyer <input type="checkbox"/> Extreme Abs Workout	29. <input type="checkbox"/> Fun Indoor Cardio Workout <input type="checkbox"/> 20 Min Lean Arms Cardio Pilates Workout <input type="checkbox"/> 6 Min Sexy Arms <input type="checkbox"/> Complete Arms Workout	30. <input type="checkbox"/> 30 Min EXTREME Pilates Thigh Workout <input type="checkbox"/> Kylie Jenner's Actual Hips & Waist Routine
31. <input type="checkbox"/> 15 Min Deep Stretch for Splits						