

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. <ul style="list-style-type: none"> Shredding for the Wedding Cardio Butt Lift + Ab Chisel 10 Min Side Booty Shaper 	2. <ul style="list-style-type: none"> Apartment Friendly Warmup 12 Minutes to Toned Total Body Workout 21 Minute All in One Tone Workout 	3. <ul style="list-style-type: none"> Lean & Toned Arms Complete Arms Workout Toned Arms + Flat Abs Weightless Arm Workout 	4. <ul style="list-style-type: none"> Leg Slimming Workout Best Thigh Exercises for Toned Legs Quick Burn SADDLEBAGS Slimdown Quick Burn INNER THIGH Workout
5. <ul style="list-style-type: none"> Wake Up With Me Workout 10 Perfect Morning Stretches to Increase Energy 	6. <ul style="list-style-type: none"> Fat Burning Cardio + Core Butt Lifting & Thigh Sculpting Workout Build a Booty Workout 	7. <ul style="list-style-type: none"> 10 Minute Lower Ab Flattener 10 Minute Waist Whittler Best Ab Exercises for a Toned Tummy 	8. <ul style="list-style-type: none"> Silent Death Cardio BRUTAL BOOTY Lift Your Booty Workout BOOTY FOCUS 	9. <ul style="list-style-type: none"> 10 Minute Fat Burning Cardio Workout Abs, Butt and Thighs 	10. <ul style="list-style-type: none"> Quick Sweat Cardio Beat Quick Burn Arms 7 Minutes to Fabulous Arms Ultimate Back Workout 	11. <ul style="list-style-type: none"> Booty Poppin 10 Minute Beautiful Thigh Sculpt Pilates 10 Minute Inner Thigh Slimmer
12. <ul style="list-style-type: none"> Ultimate Daily Stretching Routine Total Body Stretch <p>MOTHER'S DAY</p>	13. <ul style="list-style-type: none"> Plie Squat Challenge 20 Minute Inner Thigh Isolate Workout Arm Fat Blaster 	14. <ul style="list-style-type: none"> 20 Minute Abdominal Isolate Workout ABS FOCUS Total Ab Workout 	15. <ul style="list-style-type: none"> 20 minute Booty Lift Cardio Pilates 10 Minute Beautiful Butt Plump 5 Underbutt Isolation Exercises 	16. <ul style="list-style-type: none"> FAT BURNING Cardio FAT BURN TOTAL BODY FOCUS Beautiful Body Pilates Total Body Pilates Workout 	17. <ul style="list-style-type: none"> Ultimate Fat Burn Workout Toned Tank Top Arms & Back 	18. <ul style="list-style-type: none"> Peach Booty & Thigh Shaper Quick Burn Legs
19. <ul style="list-style-type: none"> Feel-Good Stretches for Splits 	20. <ul style="list-style-type: none"> Fat Melter & Ab Trainer Quick Burn Standing Back Workout 	21. <ul style="list-style-type: none"> 10 Minute Ab & Oblique Sculpter 10 Minute Beautiful Ab Sculpt Pilates Real Life Waist Trainer Exercises 	22. <ul style="list-style-type: none"> 12 Minutes to Burn Fat 20 Minute Natural Glute Enhancing Isolate Workout 	23. <ul style="list-style-type: none"> 10 Minute Anti-Bloating Cardio Lean, Long & Lifted From Head to Toe 	24. <ul style="list-style-type: none"> Silent Death Fat Melting Cardio 10 Minute Arm Toner 15 Minute Arm Burnout Sexy Toned Arms Workout 	25. <ul style="list-style-type: none"> 30 Min EXTREME Pilates Thigh Workout Toned Thighs Workout
26. <ul style="list-style-type: none"> Stretching for Leg Flexibility 	27. <ul style="list-style-type: none"> 5 Inner Thigh Isolations Quick Burn Calves 5 Chest Isolation Exercises INSANE Weightless Arms Workout 	28. <ul style="list-style-type: none"> 5 Lower Ab Isolation Exercises 20 minute Waist Whittler Cardio INSANE Abs & Obliques Workout 	29. <ul style="list-style-type: none"> 10 Minute Full Body Warm Up INSANE Butt Blaster 12 Minutes to Toned Booty Workout Quick Cardio Booty Blast 	30. <ul style="list-style-type: none"> Total Body Slim Down Lean & Sculpted Body 	31. <ul style="list-style-type: none"> 12 Minutes to Toned Arms Workout 5 Tricep Isolation Exercises Toned & Defined Arms Workout Quick Burn TRICEP WORKOUT 	