

FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. <input type="checkbox"/> Gorgeous Legs // CARDIO BEAT <input type="checkbox"/> Long, Lean & Lit Leg Day ✨ FIRST DAY OF BLACK HISTORY MONTH
2. <input type="checkbox"/> 10 Perfect Morning Stretches <input type="checkbox"/> Stretching for Leg Flexibility GROUNDHOG DAY	3. <input type="checkbox"/> 8 Min At Home Cardio Workout <input type="checkbox"/> Sleek Body Sculptor ✨	4. <input type="checkbox"/> Intense Ab Burn <input type="checkbox"/> Abdominal Destruction	5. <input type="checkbox"/> BOOTY FOCUS <input type="checkbox"/> Bombshell Bootification	6. <input type="checkbox"/> 10 Minute Anti-Bloating Cardio <input type="checkbox"/> Spring Leaning Slimdown <input type="checkbox"/> 10 Min Pilates Ab <input type="checkbox"/> 8 Min bikini body	7. <input type="checkbox"/> Ultimate Back Workout <input type="checkbox"/> Meghan Markle's Arm, Butt & Ab Routine	8. <input type="checkbox"/> Knee-Friendly Fat Burn Cardio <input type="checkbox"/> Peach Booty & Thigh Shaper
9. <input type="checkbox"/> Relaxing stretches for better sleep <input type="checkbox"/> Total Body Stretch	10. <input type="checkbox"/> Slim 'n Sculpt <input type="checkbox"/> Butt Lifting & Thigh Sculpting	11. <input type="checkbox"/> Abdominal Etcher & Butt Enhancer	12. <input type="checkbox"/> 10 Minute Booty Burn <input type="checkbox"/> Lower Abs & Booty Blast <input type="checkbox"/> Butt Lift + Ab Chisel	13. <input type="checkbox"/> 10 Minute Waist Whittler <input type="checkbox"/> Fun Indoor Cardio <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper	14. <input type="checkbox"/> Extreme Weightless Arm <input type="checkbox"/> Quick Burn Standing Back VALENTINE'S DAY	15. <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> Inner & Outer Thigh Pyramid
16. <input type="checkbox"/> 15 Minute Deep Stretch <input type="checkbox"/> Ultimate Daily Stretching Routine	17. <input type="checkbox"/> 10 Minute Fat Burning Cardio <input type="checkbox"/> How to Get Beyoncé's Body <input type="checkbox"/> 14 Minute Total Body Pilates PRESIDENT'S DAY	18. <input type="checkbox"/> 20 Minute Abdominal Isolate <input type="checkbox"/> 20 Minute Waist Whittler Cardio	19. <input type="checkbox"/> Do this every day for a toned butt <input type="checkbox"/> 10 Minute Beautiful Butt <input type="checkbox"/> 10 Min Butt Lift Challenge	20. <input type="checkbox"/> Quick Burn Booty & Thighs Workout <input type="checkbox"/> Snatched Waist & Shapely Thighs	21. <input type="checkbox"/> Arm Fat Blaster <input type="checkbox"/> 12 Minutes to Toned Arms	22. <input type="checkbox"/> Quick Burn Legs <input type="checkbox"/> Kylie Jenner's Actual Hips & Waist Routine
23. <input type="checkbox"/> Yoga for Splits <input type="checkbox"/> Fun Yoga Routine for Flexibility	24. <input type="checkbox"/> Total Body Slim Down <input type="checkbox"/> 15 Minute Full Body Pilates <input type="checkbox"/> At Home Total Body Slimming	25. <input type="checkbox"/> Core Chiseler <input type="checkbox"/> 15 Min Ab Fit Test	26. <input type="checkbox"/> Kim Kardashian's Actual Butt Routine <input type="checkbox"/> 5 Best Butt Exercises <input type="checkbox"/> Bridal Booty Lift Workout	27. <input type="checkbox"/> Lean Body Meltdown <input type="checkbox"/> The Push Plank Challenge	28. <input type="checkbox"/> 10 Minute Arm Toner <input type="checkbox"/> Toned Arms + Flat Abs <input type="checkbox"/> How to Get Great Arms Down the Aisle	