

MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. <input type="checkbox"/> Fat Melter & Ab Trainer	2. <input type="checkbox"/> 21 Minute Cardio Burn N' Tone <input type="checkbox"/> 20 Minute Weightless Arm	3. <input type="checkbox"/> 20 Minute Inner Thigh Isolate <input type="checkbox"/> 20 Minute Quick THIGH & LEG
4. <input type="checkbox"/> Stretch + De-Stress	5. <input type="checkbox"/> 21 Minute All in One Tone Workout <input type="checkbox"/> 15 min Full Body Workout with Bands	6. <input type="checkbox"/> Fat Burning Cardio + Core <input type="checkbox"/> 8 min Abs & Obliques Workout <input type="checkbox"/> Beautiful Abs <input type="checkbox"/> 5 Best Muffintop Melting Moves	7. <input type="checkbox"/> 30 Minute Extreme Butt Shaping <input type="checkbox"/> Beach Ready Butt Workout	8. <input type="checkbox"/> Fat Burn Machine	9. <input type="checkbox"/> 20 Minute Lean Arms Cardio <input type="checkbox"/> The ULTIMATE Weightless Arm	10. <input type="checkbox"/> 20 Minute Leg Slimming Cardio <input type="checkbox"/> 15 Minute Thigh Strength Test
11. <input type="checkbox"/> 21 Minute Flexibility Fix MOTHER'S DAY	12. <input type="checkbox"/> 10 Minute Cardio Pilates Workout <input type="checkbox"/> 12 Minutes to Toned Total Body <input type="checkbox"/> Gigi Hadid's No Equipment Travel	13. <input type="checkbox"/> 10 Minute Fat Burning Cardio <input type="checkbox"/> EXTREME ABS <input type="checkbox"/> EXTREME ABS 3	14. <input type="checkbox"/> 20 Minute Natural Glute Enhancing <input type="checkbox"/> 20 minute Booty Lift Cardio	15. <input type="checkbox"/> Lean, Long & Lifted	16. <input type="checkbox"/> 21 Minute Total Arm Tone <input type="checkbox"/> 15 Minute Weightless Arms	17. <input type="checkbox"/> 12 Minutes to Burn Fat <input type="checkbox"/> 10 Minute Beautiful Thigh Sculpt Pilates <input type="checkbox"/> 7-Minute Hip Sculpting
18. <input type="checkbox"/> 5 Stretches to get you Feeling Flexible <input type="checkbox"/> Stretch Combo to Relieve Low Back Pain	19. <input type="checkbox"/> Fat-Burning Cardio Sculpt <input type="checkbox"/> Total Body Tone Fest <input type="checkbox"/> The Ultimate Butt, Back & Arms Challenge	20. <input type="checkbox"/> 5 Minute Fat Attack <input type="checkbox"/> Extreme Ab Flattener	21. <input type="checkbox"/> 21 Minute Total Booty Tone <input type="checkbox"/> 20 Minute Round Booty Workout	22. <input type="checkbox"/> 30 Minute Head To Toe Tone <input type="checkbox"/> Crazy Abs, Butt & Legs Workout	23. <input type="checkbox"/> Toned Tank Top Arms & Back <input type="checkbox"/> Sexy Toned Arms Workout	24. <input type="checkbox"/> 30 minute EXTREME Pilates Thigh Workout <input type="checkbox"/> 12 Minutes to Toned Thighs
25. <input type="checkbox"/> STRETCH & FLEXIBILITY <input type="checkbox"/> Stretches You Need After a Stressful Day	26. <input type="checkbox"/> Silent Death Cardio <input type="checkbox"/> Beautiful Body Pilates <input type="checkbox"/> Belle's Beast Mode Bootcamp MEMORIAL DAY	27. <input type="checkbox"/> Shredding for the Wedding Cardio <input type="checkbox"/> Extreme Abs Workout	28. <input type="checkbox"/> 15 Minute Pilates Booty Workout <input type="checkbox"/> 12 Minutes to Toned Booty <input type="checkbox"/> 10 Minute Side Booty Shaper	29. <input type="checkbox"/> Lean & Sculpted Body <input type="checkbox"/> Total Body Pilates	30. <input type="checkbox"/> 10 Minute Full Body Warm Up <input type="checkbox"/> 15 Minute Arm Burnout <input type="checkbox"/> Toned Arms at Home Workout	31. <input type="checkbox"/> Gorgeous Legs <input type="checkbox"/> Long, Lean & Lit Leg Day