

## JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fat Burning Ladder for Toned Thighs</li> <li><input type="checkbox"/> Perfect 10 Abs</li> <li><input type="checkbox"/> ABS FOCUS</li> <li><input type="checkbox"/> INSANE Abs &amp; Obliques Workout</li> </ul>	<b>2.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Booty Poppin</li> <li><input type="checkbox"/> 5 Moves to Lift Your Butt</li> <li><input type="checkbox"/> 5 Minute Beautiful Booty</li> </ul>	<b>3.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick Sweat</li> <li><input type="checkbox"/> Goodbye Muffintop Workout</li> <li><input type="checkbox"/> 21 Minute All in One Tone</li> </ul>	<b>4.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lean &amp; Toned Arms</li> <li><input type="checkbox"/> A+ Arms ✨ Glow Up</li> </ul>	<b>5.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 Minute Full Body Warm Up</li> <li><input type="checkbox"/> Sculpted Thighs &amp; Tight Abs</li> <li><input type="checkbox"/> Best Thigh Exercises for Toned Legs</li> </ul>
					4TH OF JULY	
<b>6.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stretch + De-Stress</li> </ul>	<b>7.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Exercises to Grow Taller, Improve Posture &amp; Get Lean</li> <li><input type="checkbox"/> 10 Minute Inner Thigh Slimmer</li> <li><input type="checkbox"/> 7 Minutes to Fabulous Arms</li> <li><input type="checkbox"/> Lower Belly Flattener</li> </ul>	<b>8.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> FAT BURNING Cardio</li> <li><input type="checkbox"/> 21 Minute Ab Tone Workout</li> <li><input type="checkbox"/> Total Ab Workout</li> </ul>	<b>9.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> KICK BUTT BLASTER</li> <li><input type="checkbox"/> The Bold &amp; the Bootiful</li> <li><input type="checkbox"/> Butt Workout for a Nice Shaped Booty</li> <li><input type="checkbox"/> 3 Minute Butt Shaper</li> </ul>	<b>10.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 21 Minute Cardio Burn N' Tone</li> <li><input type="checkbox"/> 10 Minute Beautiful Ab Sculpt Pilates</li> <li><input type="checkbox"/> 4 Minutes to Flat Abs</li> </ul>	<b>11.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 Minutes to Burn Fat</li> <li><input type="checkbox"/> 12 Minute Upper Body Workout</li> <li><input type="checkbox"/> 5 Minute Toned Arms</li> </ul>	<b>12.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hip Hop Fat Burn</li> <li><input type="checkbox"/> 8 min bikini thighs workout</li> <li><input type="checkbox"/> 30 Day Thigh Slimming Challenge</li> <li><input type="checkbox"/> Quick Burn SADDLEBAGS Slimdown</li> </ul>
<b>13.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 21 Minute Flexibility Fix</li> </ul>	<b>14.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> How to Grow Taller</li> <li><input type="checkbox"/> 12 Minutes to Toned Abs</li> <li><input type="checkbox"/> 5 Best THIGH SLIMMING Exercises</li> <li><input type="checkbox"/> Train Insane HIIT Workout</li> </ul>	<b>15.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flat Stomach Fat Melter</li> <li><input type="checkbox"/> Extreme Abs Workout 2</li> <li><input type="checkbox"/> Intense Ab Mania Workout</li> </ul>	<b>16.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick Cardio Warm Up</li> <li><input type="checkbox"/> 5 Underbutt Isolation Exercises</li> <li><input type="checkbox"/> 8 min bikini butt workout</li> <li><input type="checkbox"/> 7 Minute Booty Burn</li> </ul>	<b>17.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick Sweat Fat Burning</li> <li><input type="checkbox"/> Happily Ever After Abs</li> <li><input type="checkbox"/> 10 Minute Cardio Pilates</li> </ul>	<b>18.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 Minute Fat Burning Cardio</li> <li><input type="checkbox"/> 10 Minute Beautiful Arm Sculpt Pilates</li> <li><input type="checkbox"/> Backless Bride Back Toning</li> </ul>	<b>19.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Silent Death Fat Melting Cardio</li> <li><input type="checkbox"/> 5 Inner Thigh Isolations</li> <li><input type="checkbox"/> Quick Burn Calves</li> <li><input type="checkbox"/> 5 Minute Long Lean Legs</li> </ul>
<b>20.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stretches You Need After a Stressful Day</li> <li><input type="checkbox"/> Stretch Combo to Relieve Low Back Pain</li> </ul>	<b>21.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> SNOWBUNNY BLAST</li> <li><input type="checkbox"/> 10 Minute Lower Ab Flattener</li> <li><input type="checkbox"/> 5 Ways to Sculpt Long Legs</li> <li><input type="checkbox"/> 5 Chest Isolation Exercises</li> </ul>	<b>22.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> FAT BURN TOTAL BODY FOCUS</li> <li><input type="checkbox"/> 20 Minute Waist Shaping</li> <li><input type="checkbox"/> The 5 Best &amp; Most Effective Ab Exercises</li> </ul>	<b>23.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 5 Minute FAT BURNER</li> <li><input type="checkbox"/> Lift Your Booty Workout</li> <li><input type="checkbox"/> 30 Minute Extreme Butt Shaping</li> </ul>	<b>24.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fat Burning Dance Workout</li> <li><input type="checkbox"/> Fat Destroyer</li> <li><input type="checkbox"/> 10 Minute Ab &amp; Oblique Sculpter</li> <li><input type="checkbox"/> Low Impact Total Body Workout</li> </ul>	<b>25.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 Minute Anti-Bloating Cardio</li> <li><input type="checkbox"/> 5 Ways to Toned Arms</li> <li><input type="checkbox"/> 10 Minute Arm Toner</li> </ul>	<b>26.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Can I do 1000 Squats</li> </ul>
<b>27.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> STRETCH &amp; FLEXIBILITY FOCUS</li> <li><input type="checkbox"/> 5 Stretches to get you Feeling Flexible</li> </ul>	<b>28.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Glutes &amp; Thighs Trimdown</li> <li><input type="checkbox"/> 10 Minute Arm Toner</li> <li><input type="checkbox"/> Toned Arms + Flat Abs</li> <li><input type="checkbox"/> Real Life Waist Trainer Exercises</li> </ul>	<b>29.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pumped Up Cardio Warmup</li> <li><input type="checkbox"/> Extreme Muffintop Crushing Workout</li> <li><input type="checkbox"/> 21 Minute Cardio Abs Workout</li> </ul>	<b>30.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick Cardio Booty Blast</li> <li><input type="checkbox"/> BRUTAL BOOTY</li> <li><input type="checkbox"/> INSANE Butt Blaster</li> <li><input type="checkbox"/> 6 Min to a Sexy Booty</li> </ul>	<b>31.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ultimate Fat Burn Workout</li> <li><input type="checkbox"/> 10 Min Ab Sculpting Workout</li> <li><input type="checkbox"/> 12 Minutes to Toned Total Body</li> <li><input type="checkbox"/> Gigi Hadid's No Equipment Travel Routine</li> </ul>		