

# AUGUST 2025

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