

SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. <ul style="list-style-type: none"> 21 Minute Cardio Burn N' Tone 10 Minute Anti-Bloating Cardio WHOA WHOA!!! Whole Body 	2. <ul style="list-style-type: none"> Abdominal Etcher & Butt Enhancer 3 minute Obliques Workout 	3. <ul style="list-style-type: none"> 20 Minute Natural Glute Enhancing Isolate Butt Lifting & Thigh Sculpting Workout 5 Minute Beautiful Booty 	4. <ul style="list-style-type: none"> 21 Minute All in One Tone The ULTIMATE Hot Body Workout 	5. <ul style="list-style-type: none"> Toned Tank Top Arms & Back 15 Minute Arm Burnout 	6. <ul style="list-style-type: none"> 20 Minute Inner Thigh Isolate Workout Perfect Legs Workout 6 Min to Sexy Thighs
	LABOR DAY					
7. <ul style="list-style-type: none"> Stretch + De-Stress 	8. <ul style="list-style-type: none"> Fat Burn Machine Fat Burning Ladder for Toned Thighs 	9. <ul style="list-style-type: none"> Extreme Ab Flattener ABS FOCUS 	10. <ul style="list-style-type: none"> 21 Minute Total Booty Tone 20 Minute Round Booty Workout 	11. <ul style="list-style-type: none"> Slim 'n Sculpt! 12 Minutes to Toned Total Body Beautiful Body Pilates 	12. <ul style="list-style-type: none"> Extreme Weightless Arm Toner 12 Minutes to Toned Arms 	13. <ul style="list-style-type: none"> Peach Booty & Thigh Shaper Hips Butt 'n Thighs Super Shaper
14. <ul style="list-style-type: none"> 21 Minute Flexibility Fix 	15. <ul style="list-style-type: none"> 30 Minute Head To Toe Tone FAT BURN TOTAL BODY FOCUS 	16. <ul style="list-style-type: none"> Abdominal Destruction ✨ Perfect 10 Abs 	17. <ul style="list-style-type: none"> 30 Minute Extreme Butt Shaping Butt Lift + Ab Chisel 	18. <ul style="list-style-type: none"> 12 Minutes to Burn Fat Silent Death Cardio Crazy Abs, Butt & Legs 	19. <ul style="list-style-type: none"> 20 Minute Lean Arms Cardio Pilates The ULTIMATE Weightless Arm Sculpt 	20. <ul style="list-style-type: none"> 30 minute EXTREME Pilates Thigh Workout Sculpted Thighs & Tight Abs
21. <ul style="list-style-type: none"> Feel-Good Stretches for Splits 	22. <ul style="list-style-type: none"> Lean & Sculpted Body Butt Lift & Slim Thighs 	23. <ul style="list-style-type: none"> Snatched Waist & Shapely Thighs Beautiful Abs 	24. <ul style="list-style-type: none"> Bombshell Bootification ✨ Butt Workout for a Nice Shaped Booty 	25. <ul style="list-style-type: none"> Flat Belly Fat Burner 8 min At Home Cardio Workout 10 Minute Fat Burning Cardio 	26. <ul style="list-style-type: none"> 21 Minute Total Arm Tone Workout 20 Minute Weightless Arm Isolate 	27. <ul style="list-style-type: none"> 20 Minute Leg Slimming Cardio Sculpted Legs in Skinny Leggings Toned Thighs Workout
28. <ul style="list-style-type: none"> Yoga for Splits Relax with Me Stretch Routine 	29. <ul style="list-style-type: none"> Fat Melter & Ab Trainer Low Impact Total Body Workout 	30. <ul style="list-style-type: none"> Abs, Butt and Thighs Extreme Abs Workout 2 				