

NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. ☐ Gorgeous Legs ☐ Long, Lean & Lit Leg Day
2. ☐ 10 Perfect Morning Stretches ☐ Stretching for Leg Flexibility	3. ☐ 8 min At Home Cardio ☐ Sleek Body Sculptor	4. ☐ Intense Ab Burn ☐ Abdominal Destruction	5. ☐ BOOTY FOCUS ☐ Bombshell Bootification	6. ☐ 10 Minute Anti-Bloating Cardio ☐ Spring Leaning Slimdown ☐ 10 Min Pilates Ab Workout ☐ 8 min bikini body workout	7. ☐ Ultimate Back Workout ☐ Meghan Markle's Arm, Butt & Ab Routine	8. ☐ Knee-Friendly Fat Burn Cardio ☐ Peach Booty & Thigh Shaper
9. ☐ Relaxing stretches for better sleep ☐ Total Body Stretch	10. ☐ Slim 'n Sculpt ☐ Butt Lifting & Thigh Sculpting	11. ☐ Abdominal Etcher & Butt Enhancer	12. ☐ 10 Minute Booty Burn Workout ☐ Lower Abs & Booty Blast ☐ Butt Lift + Ab Chisel	13. ☐ 10 Minute Waist Whittler ☐ Fun Indoor Cardio ☐ Hips Butt 'n Thighs Super Shaper	14. ☐ Extreme Weightless Arm ☐ Quick Burn Standing Back Workout	15. ☐ Apartment Friendly Warmup ☐ Inner & Outer Thigh Pyramid
		VETERAN'S DAY				
16. ☐ 15 Minute Deep Stretch for Splits ☐ Ultimate Daily Stretching Routine	17. ☐ 10 Minute Fat Burning Cardio ☐ How to Get Beyoncé's Body ☐ 14 Minute Total Body Pilates	18. ☐ 20 Minute Abdominal Isolate ☐ 20 minute Waist Whittler Cardio	19. ☐ Do this every day for a toned butt ☐ 10 Minute Beautiful Butt Plump ☐ 10 Min Butt Lift Challenge	20. ☐ Quick Burn Booty & Thighs ☐ Snatched Waist & Shapely Thighs	21. ☐ Arm Fat Blaster ☐ 12 Minutes to Toned Arms	22. ☐ Quick Burn Legs ☐ Kylie Jenner's Actual Hips & Waist Routine
23. ☐ Yoga for Splits ☐ Fun Yoga Routine for Flexibility	24. ☐ Total Body Slim Down ☐ 15 Minute Full Body Pilates ☐ At Home Total Body Slimming	25. ☐ Core Chiseler ☐ 15 min Ab Fit Test	26. ☐ Kim Kardashian's Actual Butt Routine ☐ 5 Best Butt Exercises to Sculpt a Cute Booty ☐ Bridal Booty Lift Workout	27. ☐ Lean Body Meltdown ☐ The Push Plank Challenge	28. ☐ 10 Minute Arm Toner ☐ Toned Arms + Flat Abs ☐ How to Get Great Arms Down the Aisle	29. ☐ Beginner Pilates Thigh Toning ☐ Perfect Legs Workout ☐ 15 Minute Booty Band Burnout
30. ☐ Wake Up With Me Workout ☐ Feel-Good Stretches for Splits				THANKSGIVING	BLACK FRIDAY	