

# OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1.</b> <ul style="list-style-type: none"> <li>Shredding for the Wedding Cardio</li> <li>Butt Lift + Ab Chisel</li> <li>10 Minute Side Booty Shaper</li> </ul>	<b>2.</b> <ul style="list-style-type: none"> <li>Apartment Friendly Warmup</li> <li>12 Minutes to Toned Total Body</li> <li>21 Minute All in One Tone</li> </ul>	<b>3.</b> <ul style="list-style-type: none"> <li>Lean &amp; Toned Arms</li> <li>Complete Arms Workout</li> <li>Toned Arms + Flat Abs</li> <li>Weightless Arm Workout</li> </ul>	<b>4.</b> <ul style="list-style-type: none"> <li>Leg Slimming Workout</li> <li>Best Thigh Exercises for Toned Legs</li> <li>Quick Burn SADDLEBAGS</li> <li>Quick Burn INNER THIGH</li> </ul>
<b>5.</b> <ul style="list-style-type: none"> <li>Wake Up With Me</li> <li>10 Perfect Morning Stretches to Increase Energy</li> </ul>	<b>6.</b> <ul style="list-style-type: none"> <li>Fat Burning Cardio + Core</li> <li>Butt Lifting &amp; Thigh Sculpting</li> <li>Build a Booty Workout</li> </ul>	<b>7.</b> <ul style="list-style-type: none"> <li>10 Minute Lower Ab Flattener</li> <li>10 Minute Waist Whittler</li> <li>Best Ab Exercises for a Toned Tummy</li> </ul>	<b>8.</b> <ul style="list-style-type: none"> <li>Silent Death Cardio</li> <li>BRUTAL BOOTY</li> <li>Lift Your Booty Workout</li> <li>BOOTY FOCUS</li> </ul>	<b>9.</b> <ul style="list-style-type: none"> <li>10 Minute Fat Burning Cardio</li> <li>Abs, Butt and Thighs</li> </ul>	<b>10.</b> <ul style="list-style-type: none"> <li>Quick Sweat</li> <li>Quick Burn Arms</li> <li>7 Minutes to Fabulous Arms</li> <li>Ultimate Back Workout</li> </ul>	<b>11.</b> <ul style="list-style-type: none"> <li>Booty Poppin</li> <li>10 Minute Beautiful Thigh Sculpt Pilates</li> <li>10 Minute Inner Thigh Slimmer</li> </ul>
<b>12.</b> <ul style="list-style-type: none"> <li>Ultimate Daily Stretching Routine</li> <li>Total Body Stretch</li> </ul>	<b>13.</b> <ul style="list-style-type: none"> <li>Plie Squat Challenge</li> <li>20 Minute Inner Thigh Isolate</li> <li>Arm Fat Blaster</li> </ul>	<b>14.</b> <ul style="list-style-type: none"> <li>20 Minute Abdominal Isolate</li> <li>ABS FOCUS</li> <li>Total Ab Workout</li> </ul>	<b>15.</b> <ul style="list-style-type: none"> <li>20 minute Booty Lift Cardio Pilates</li> <li>10 Minute Beautiful Butt Plump</li> <li>5 Underbutt Isolation Exercises</li> </ul>	<b>16.</b> <ul style="list-style-type: none"> <li>FAT BURNING Cardio</li> <li>FAT BURN TOTAL BODY FOCUS</li> <li>Beautiful Body Pilates</li> <li>Total Body Pilates Workout</li> </ul>	<b>17.</b> <ul style="list-style-type: none"> <li>Ultimate Fat Burn Workout</li> <li>Toned Tank Top Arms &amp; Back</li> </ul>	<b>18.</b> <ul style="list-style-type: none"> <li>Peach Booty &amp; Thigh Shaper</li> <li>Quick Burn Legs</li> </ul>
<b>19.</b> <ul style="list-style-type: none"> <li>Feel-Good Stretches for Splits</li> </ul>	<b>20.</b> <ul style="list-style-type: none"> <li>Fat Melter &amp; Ab Trainer</li> <li>Quick Burn Standing Back</li> </ul>	<b>21.</b> <ul style="list-style-type: none"> <li>10 Minute Ab &amp; Oblique Sculpter</li> <li>10 Minute Beautiful Ab Sculpt Pilates</li> <li>Real Life Waist Trainer</li> </ul>	<b>22.</b> <ul style="list-style-type: none"> <li>12 Minutes to Burn Fat</li> <li>20 Minute Natural Glute Enhancing Isolate</li> </ul>	<b>23.</b> <ul style="list-style-type: none"> <li>10 Minute Anti-Bloating Cardio</li> <li>Lean, Long &amp; Lifted From Head to Toe</li> </ul>	<b>24.</b> <ul style="list-style-type: none"> <li>Silent Death Fat Melting Cardio</li> <li>10 Minute Arm Toner</li> <li>15 Minute Arm Burnout</li> <li>Sexy Toned Arms Workout</li> </ul>	<b>25.</b> <ul style="list-style-type: none"> <li>30 minute EXTREME Pilates</li> <li>Toned Thighs Workout</li> </ul>
<b>26.</b> <ul style="list-style-type: none"> <li>Stretching for Leg Flexibility</li> </ul>	<b>27.</b> <ul style="list-style-type: none"> <li>5 Inner Thigh Isolations</li> <li>Quick Burn Calves</li> <li>5 Chest Isolation Exercises</li> <li>INSANE Weightless Arms Workout</li> </ul>	<b>28.</b> <ul style="list-style-type: none"> <li>5 Lower Ab Isolation Exercises</li> <li>20 minute Waist Whittler Cardio</li> <li>INSANE Abs &amp; Obliques Workout</li> </ul>	<b>29.</b> <ul style="list-style-type: none"> <li>10 Minute Full Body Warm Up</li> <li>INSANE Butt Blaster</li> <li>12 Minutes to Toned Booty</li> <li>Quick Cardio Booty Blast</li> </ul>	<b>30.</b> <ul style="list-style-type: none"> <li>Total Body Slim Down</li> <li>Lean &amp; Sculpted Body</li> </ul>	<b>31.</b> <ul style="list-style-type: none"> <li>12 Minutes to Toned Arms</li> <li>5 Tricep Isolation Exercises</li> <li>Toned &amp; Defined Arms Workout</li> <li>Quick Burn TRICEP WORKOUT</li> </ul>	<div>HALLOWEEN</div>