

DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 21 Minute Cardio Burn N' Tone 10 Minute Anti-Bloating Cardio - WHOA WHOA!!! Whole Body Workout	2. - Abdominal Etcher & Butt Enhancer 3 minute Obliques Workout	3. 20 Minute Natural Glute Enhancing Isolate Workout - Butt Lifting & Thigh Sculpting 5 Minute Beautiful Booty	4. 21 Minute All in One Tone - The ULTIMATE Hot Body	5. - Toned Tank Top Arms & Back 15 Minute Arm Burnout	6. 20 Minute Inner Thigh Isolate - Perfect Legs Workout 6 Min to Sexy Thighs
7. Stretch + De-Stress	8. - Fat Burn Machine - Fat Burning Ladder	9. - Extreme Ab Flattener - ABS FOCUS	10. 21 Minute Total Booty 20 Minute Round Booty	11. - Slim 'n Sculpt! 12 Minutes to Toned Total Body - Beautiful Body Pilates	12. - Extreme Weightless Arm Toner 12 Minutes to Toned Arms	13. - Peach Booty & Thigh Shaper - Hips Butt 'n Thighs Super Shaper
14. 21 Minute Flexibility Fix FIRST DAY OF HANUKKAH	15. 30 Minute Head To Toe Tone - FAT BURN TOTAL BODY FOCUS	16. - Abdominal Destruction ✨ - Perfect 10 Abs	17. 30 Minute Extreme Butt Shaping - Butt Lift + Ab Chisel	18. 12 Minutes to Burn Fat - Silent Death Cardio - Crazy Abs, Butt & Legs	19. 20 Minute Lean Arms Cardio - The ULTIMATE Weightless Arm	20. 30 minute EXTREME Pilates - Sculpted Thighs & Tight Abs
21. Feel-Good Stretches for Splits	22. - Lean & Sculpted Body - Butt Lift & Slim Thighs	23. - Snatched Waist & Shapely Thighs - Beautiful Abs	24. - Bombshell Bootification - Butt Workout for a Nice Shaped Booty CHRISTMAS EVE	25. - Flat Belly Fat Burner 8 min At Home Cardio 10 Minute Fat Burning Cardio CHRISTMAS	26. 21 Minute Total Arm Tone Workout 20 Minute Weightless Arm Isolate KWANZAA	27. 20 Minute Leg Slimming Cardio - Sculpted Legs in Skinny Leggings - Toned Thighs Workout
28. - Yoga for Splits - Relax with Me Stretch Routine	29. - Fat Melter & Ab Trainer - Low Impact Total Body Workout	30. - Abs, Butt and Thighs - Extreme Abs Workout 2	31. - Lower Abs & Booty Blast 10 Minute Side Booty Shaper 5 Best Butt Exercises NEW YEAR'S EVE			