

<3 LOGILATES

FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. ☐ Stretch + De-Stress ✨ FIRST DAY OF BLACK HISTORY MONTH	2. ☐ Fat Burning Cardio + Core ☐ 21 Minute All in One Tone ☐ HIIT My Abs HARD GROUNDHOG DAY	3. ☐ The ULTIMATE 2016 AB WORKOUT ☐ 20 Minute Abdominal Isolate	4. ☐ 21 Minute Total Booty Tone ☐ 15 Minute Pilates Booty Workout	5. ☐ 10 Minute Full Body Warm Up ☐ Fat Burn Machine *FULL LENGTH 30 Minute PIIT28 Workout*	6. ☐ 20 Minute Lean Arms Cardio Pilates Workout ☐ 15 Minute Arm Burnout	7. ☐ 20 Minute Quick THIGH & LEG ☐ 10 Minute Beautiful Thigh Sculpt Pilates
8. ☐ Relax with Me Stretch Routine ☐ Relaxing stretches	9. ☐ Quick Sweat Fat Burning Circuit ☐ Lean & Sculpted Body	10. ☐ 12 Minutes to Burn Fat ☐ Britney Spears' Hard Abs Workout ☐ ABS FOCUS	11. ☐ 10 Minute Fat Burning Cardio ☐ Bombshell Bootification	12. ☐ Apartment Friendly Warmup ☐ Crazy Abs, Butt & Legs Workout ☐ The ULTIMATE Hot Body Workout	13. ☐ Silent Death Fat Melting Cardio ☐ 12 Minutes to Toned Arms ☐ 10 Minute Beautiful Arm Sculpt Pilates	14. ☐ 15 Minute Thigh Strength Test ☐ 20 Minute Inner Thigh Isolate VALENTINE'S DAY
15. ☐ 21 Minute Flexibility Fix	16. ☐ 10 Minute Cardio Pilates Workout ☐ Hips Butt 'n Thighs Super Shaper ☐ SNOWBUNNY BLAST PRESIDENT'S DAY	17. ☐ Real Life Waist Trainer Exercises ☐ 5 Ways to Build your Core & Confidence ☐ 5 Ways to Trim Your Waist and Get Back on Track	18. ☐ 10 Minute Anti-Bloating Cardio ☐ 20 Minute Round Booty ☐ 7 Minute Booty Burn	19. ☐ Fat-Burning Cardio Sculpt ☐ Lean, Long & Lifted From Head to Toe	20. ☐ Toned Arms + Flat Abs ☐ Complete Arms ☐ Sexy Toned Arms ☐ Toned & Defined Arms Workout	21. ☐ Best Thigh Exercises for Toned Legs ☐ Quick Burn INNER THIGH Workout ☐ 20 Minute Leg Slimming Cardio Pilates
22. ☐ Stretch Combo to Relieve Low Back Pain ☐ Total Body Stretch	23. ☐ 21 Minute Cardio Burn N' Tone ☐ 12 Minutes to Toned Total Body	24. ☐ 15 min Ab Fit Test ☐ 21 Minute Cardio Abs Workout	25. ☐ 20 minute Booty Lift Cardio Pilates ☐ Do this every day for a toned butt	26. ☐ Silent Death Cardio ☐ 30 Minute Head To Toe Tone	27. ☐ FAT BURNING Cardio ☐ 21 Minute Total Arm Tone ☐ 10 Minute Arm Toner	28. ☐ 10 Minute Inner Thigh Slimmer ☐ 30 minute EXTREME Pilates Thigh Workout