

JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. <ul style="list-style-type: none"> <input type="checkbox"/> 21 Minute Cardio Burn N' Tone <input type="checkbox"/> 10 Minute Anti-Bloating Cardio <input type="checkbox"/> WHOA WHOA!!! Whole Body 	2. <ul style="list-style-type: none"> <input type="checkbox"/> Abdominal Etcher & Butt Enhancer <input type="checkbox"/> 3 minute Obliques Workout 	3. <ul style="list-style-type: none"> <input type="checkbox"/> 20 Minute Natural Glute Enhancing Isolate Workout <input type="checkbox"/> Butt Lifting & Thigh Sculpting <input type="checkbox"/> 5 Minute Beautiful Booty 	4. <ul style="list-style-type: none"> <input type="checkbox"/> 21 Minute All in One Tone Workout <input type="checkbox"/> The ULTIMATE Hot Body Workout 	5. <ul style="list-style-type: none"> <input type="checkbox"/> Toned Tank Top Arms & Back <input type="checkbox"/> 15 Minute Arm Burnout 	6. <ul style="list-style-type: none"> <input type="checkbox"/> 20 Minute Inner Thigh Isolate <input type="checkbox"/> Perfect Legs Workout <input type="checkbox"/> 6 Min to Sexy Thighs
7. <ul style="list-style-type: none"> <input type="checkbox"/> Stretch + De-Stress 	8. <ul style="list-style-type: none"> <input type="checkbox"/> Fat Burn Machine <input type="checkbox"/> Fat Burning Ladder for Toned Thighs 	9. <ul style="list-style-type: none"> <input type="checkbox"/> Extreme Ab Flattener <input type="checkbox"/> ABS FOCUS 	10. <ul style="list-style-type: none"> <input type="checkbox"/> 21 Minute Total Booty Tone <input type="checkbox"/> 20 Minute Round Booty Workout 	11. <ul style="list-style-type: none"> <input type="checkbox"/> Slim 'n Sculpt <input type="checkbox"/> 12 Minutes to Toned Total Body <input type="checkbox"/> Beautiful Body Pilates 	12. <ul style="list-style-type: none"> <input type="checkbox"/> Extreme Weightless Arm <input type="checkbox"/> 12 Minutes to Toned Arms 	13. <ul style="list-style-type: none"> <input type="checkbox"/> Peach Booty & Thigh Shaper <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper
14. <ul style="list-style-type: none"> <input type="checkbox"/> 21 Minute Flexibility Fix 	15. <ul style="list-style-type: none"> <input type="checkbox"/> 30 Minute Head To Toe Tone <input type="checkbox"/> FAT BURN TOTAL BODY FOCUS 	16. <ul style="list-style-type: none"> <input type="checkbox"/> Abdominal Destruction <input type="checkbox"/> Perfect 10 Abs! 	17. <ul style="list-style-type: none"> <input type="checkbox"/> 30 Minute Extreme Butt Shaping <input type="checkbox"/> Butt Lift + Ab Chisel 	18. <ul style="list-style-type: none"> <input type="checkbox"/> 12 Minutes to Burn Fat <input type="checkbox"/> Silent Death Cardio <input type="checkbox"/> Crazy Abs, Butt & Legs 	19. <ul style="list-style-type: none"> <input type="checkbox"/> 20 Minute Lean Arms Cardio Pilates <input type="checkbox"/> The ULTIMATE Weightless Arm Sculpt 	20. <ul style="list-style-type: none"> <input type="checkbox"/> 30 minute EXTREME Pilates <input type="checkbox"/> Sculpted Thighs & Tight Abs
21. <ul style="list-style-type: none"> <input type="checkbox"/> Feel-Good Stretches for Splits 	22. <ul style="list-style-type: none"> <input type="checkbox"/> Lean & Sculpted Body <input type="checkbox"/> Butt Lift & Slim Thighs 	23. <ul style="list-style-type: none"> <input type="checkbox"/> Snatched Waist & Shapely Thighs <input type="checkbox"/> Beautiful Abs 	24. <ul style="list-style-type: none"> <input type="checkbox"/> Bombshell Bootification <input type="checkbox"/> Butt Workout for a Nice Shaped Booty 	25. <ul style="list-style-type: none"> <input type="checkbox"/> Flat Belly Fat Burner <input type="checkbox"/> 8 min At Home Cardio Workout <input type="checkbox"/> 10 Minute Fat Burning Cardio 	26. <ul style="list-style-type: none"> <input type="checkbox"/> 21 Minute Total Arm Tone Workout <input type="checkbox"/> 20 Minute Weightless Arm Isolate 	27. <ul style="list-style-type: none"> <input type="checkbox"/> 20 Minute Leg Slimming Cardio <input type="checkbox"/> Sculpted Legs in Skinny Leggings <input type="checkbox"/> Toned Thighs Workout
<p>FATHER'S DAY</p>						
28. <ul style="list-style-type: none"> <input type="checkbox"/> Yoga for Splits <input type="checkbox"/> Relax with Me Stretch Routine 	29. <ul style="list-style-type: none"> <input type="checkbox"/> Fat Melter & Ab Trainer <input type="checkbox"/> Low Impact Total Body 	30. <ul style="list-style-type: none"> <input type="checkbox"/> Abs, Butt and Thighs <input type="checkbox"/> Extreme Abs Workout 2 	31. <ul style="list-style-type: none"> <input type="checkbox"/> Lower Abs & Booty Blast <input type="checkbox"/> 10 Minute Side Booty Shaper <input type="checkbox"/> 5 Best Butt Exercises to Sculpt a Cute Booty 			