

# JULY 2026

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