

SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. ☐ Fat Burning Ladder for Toned Thighs ☐ Perfect 10 Abs ☐ ABS FOCUS ☐ INSANE Abs & Obliques Workout	2. ☐ Booty Poppin ☐ 5 Moves to Lift Your Butt ☐ 5 Minute Beautiful Booty	3. ☐ Quick Sweat ☐ Goodbye Muffintop Workout ☐ 21 Minute All in One Tone Workout	4. ☐ Lean & Toned Arms ☐ A+ Arms	5. ☐ 10 Minute Full Body Warm Up ☐ Sculpted Thighs & Tight Abs ☐ Best Thigh Exercises
6. ☐ Stretch + De-Stress	7. ☐ Exercises to Grow Taller ☐ 10 Minute Inner Thigh Slimmer ☐ 7 Minutes to Fabulous Arms ☐ Lower Belly Flattener	8. ☐ FAT BURNING Cardio ☐ 21 Minute Ab Tone Workout ☐ Total Ab Workout	9. ☐ KICK BUTT BLASTER ☐ The Bold & the Bootiful ☐ Butt Workout for a Nice Shaped Booty ☐ 3 Minute Butt Shaper	10. ☐ 21 Minute Cardio Burn N' Tone ☐ 10 Minute Beautiful Ab Sculpt Pilates ☐ 4 Minutes to Flat Abs & Toned Thighs	11. ☐ 12 Minutes to Burn Fat ☐ 12 Minute Upper Body Workout with Weights ☐ 5 Minute Toned Arms	12. ☐ Hip Hop Fat Burn ☐ 8 min bikini thighs workout ☐ 30 Day Thigh Slimming Challenge ☐ Quick Burn SADDLEBAGS Slimdown
13. ☐ 21 Minute Flexibility Fix	14. ☐ How to Grow Taller ☐ 12 Minutes to Toned Abs ☐ 5 Best THIGH SLIMMING ☐ Train Insane HIIT Workout	15. ☐ Flat Stomach Fat Melter ☐ Extreme Abs Workout 2 ☐ Intense Ab Mania Workout	16. ☐ Quick Cardio Warm Up ☐ 5 Underbutt Isolation Exercises ☐ 8 min bikini butt workout ☐ 7 Minute Booty Burn	17. ☐ Quick Sweat Fat Burning Circuit ☐ Happily Ever After Abs ☐ 10 Minute Cardio Pilates	18. ☐ 10 Minute Fat Burning ☐ 10 Minute Beautiful Arm Sculpt Pilates ☐ Backless Bride Back Toning	19. ☐ Silent Death Fat Melting Cardio ☐ 5 Inner Thigh Isolations ☐ Quick Burn Calves ☐ 5 Minute Long Lean Legs
20. ☐ Stretches You Need After a Stressful Day ☐ Stretch Combo to Relieve Low Back Pain	21. ☐ SNOWBUNNY BLAST ☐ 10 Minute Lower Ab Flattener ☐ 5 Ways to Sculpt Long Legs ☐ 5 Chest Isolation Exercises	22. ☐ FAT BURN TOTAL BODY FOCUS ☐ 20 Minute Waist Shaping ☐ The 5 Best & Most Effective Ab Exercises	23. ☐ 5 Minute FAT BURNER ☐ Lift Your Booty Workout ☐ 30 Minute Extreme Butt Shaping	24. ☐ Fat Burning Dance ☐ Fat Destroyer ☐ 10 Minute Ab & Oblique Sculpter ☐ Low Impact Total Body Workout	25. ☐ 10 Minute Anti-Bloating Cardio ☐ 5 Ways to Toned Arms & True Friends ☐ 10 Minute Arm Toner	26. ☐ Can I do 1000 Squats
27. ☐ STRETCH & FLEXIBILITY FOCUS ☐ 5 Stretches to get you Feeling Flexible	28. ☐ Glutes & Thighs Trimdown ☐ 10 Minute Arm Toner ☐ Toned Arms + Flat Abs ☐ Real Life Waist Trainer Exercises	29. ☐ Pumped Up Cardio Warmup ☐ Extreme Muffintop Crushing Workout ☐ 21 Minute Cardio Abs Workout	30. ☐ Quick Cardio Booty Blast ☐ BRUTAL BOOTY ☐ INSANE Butt Blaster ☐ 6 Min to a Sexy Booty			