

OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. ☐ Fat Melter & Ab Trainer	2. ☐ 21 Minute Cardio Burn N' Tone ☐ 20 Minute Weightless Arm Isolate	3. ☐ 20 Minute Inner Thigh Isolate ☐ 20 Minute Quick THIGH & LEG
4. ☐ Stretch + De-Stress	5. ☐ 21 Minute All in One Tone ☐ 15 min Full Body Workout with Bands	6. ☐ Fat Burning Cardio + Core ☐ 8 min Abs & Obliques ☐ Beautiful Abs ☐ 5 Best Muffintop Melting Moves	7. ☐ 30 Minute Extreme Butt Shaping ☐ Beach Ready Butt	8. ☐ Fat Burn Machine	9. ☐ 20 Minute Lean Arms Cardio Pilates ☐ The ULTIMATE Weightless Arm Sculpt	10. ☐ 20 Minute Leg Slimming Cardio ☐ 15 Minute Thigh Strength Test
11. ☐ 21 Minute Flexibility Fix	12. ☐ 10 Minute Cardio Pilates ☐ 12 Minutes to Toned Total Body ☐ Gigi Hadid's No Equipment Travel Routine	13. ☐ 10 Minute Fat Burning Cardio ☐ EXTREME ABS Workout ☐ EXTREME ABS 3	14. ☐ 20 Minute Natural Glute Enhancing Isolate ☐ 20 minute Booty Lift Cardio Pilates	15. ☐ Lean, Long & Lifted From Head to Toe	16. ☐ 21 Minute Total Arm Tone ☐ 15 Minute Weightless Arms	17. ☐ 12 Minutes to Burn Fat ☐ 10 Minute Beautiful Thigh Sculpt Pilates ☐ 7-Minute Hip Sculpting
18. ☐ 5 Stretches to get you Feeling Flexible ☐ Stretch Combo to Relieve Low Back Pain	19. ☐ Fat-Burning Cardio Sculpt ☐ Total Body Tone Fest ☐ The Ultimate Butt, Back & Arms	20. ☐ 5 Minute Fat Attack ☐ Extreme Ab Flattener	21. ☐ 21 Minute Total Booty Tone ☐ 20 Minute Round Booty Workout	22. ☐ 30 Minute Head To Toe Tone ☐ Crazy Abs, Butt & Legs	23. ☐ Toned Tank Top Arms & Back ☐ Sexy Toned Arms Workout	24. ☐ 30 minute EXTREME Pilates Thigh ☐ 12 Minutes to Toned Thighs
25. ☐ STRETCH & FLEXIBILITY FOCUS ☐ Stretches You Need After a Stressful Day	26. ☐ Silent Death Cardio ☐ Beautiful Body Pilates ☐ Belle's Beast Mode	27. ☐ Shredding for the Wedding Cardio ☐ Extreme Abs Workout	28. ☐ 15 Minute Pilates Booty Workout ☐ 12 Minutes to Toned Booty ☐ 10 Minute Side Booty Shaper	29. ☐ Lean & Sculpted Body ☐ Total Body Pilates	30. ☐ 10 Minute Full Body Warm Up ☐ 15 Minute Arm Burnout ☐ Toned Arms at Home	31. ☐ Gorgeous Legs ☐ Long, Lean & Lit Leg Day ☐ 5 Best Butt Exercises HALLOWEEN