

NOVEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. ☐ Stretch + De-Stress	2. ☐ Fat Burning Cardio + Core ☐ 21 Minute All in One Tone ☐ HIIT My Abs HARD	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	6. ☐ 20 Minute Lean Arms Cardio Pilates ☐ 15 Minute Arm Burnout	7. ☐ 20 Minute Quick THIGH & LEG ☐ 10 Minute Beautiful Thigh Sculpt Pilates
8. ☐ Relax with Me Stretch Routine ☐ Relaxing stretches for better sleep	9. ☐ Quick Sweat Fat Burning Circuit ☐ Lean & Sculpted Body	10. ☐ 12 Minutes to Burn Fat ☐ Britney Spears' Hard Abs ☐ ABS FOCUS	11. ☐ 10 Minute Fat Burning Cardio ☐ Bombshell Bootification VETERANS DAY	12. ☐ Apartment Friendly Warmup ☐ Crazy Abs, Butt & Legs ☐ The ULTIMATE Hot Body	13. ☐ Silent Death Fat Melting Cardio ☐ 12 Minutes to Toned Arms ☐ 10 Minute Beautiful Arm Sculpt	14. ☐ 15 Minute Thigh Strength Test ☐ 20 Minute Inner Thigh Isolate
15. ☐ 21 Minute Flexibility Fix	16. ☐ 10 Minute Cardio Pilates ☐ Hips Butt 'n Thighs Super Shaper ☐ SNOWBUNNY BLAST	17. ☐ Real Life Waist Trainer ☐ 5 Ways to Build your Core & Confidence ☐ 5 Ways to Trim Your Waist	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 Workout ☐ Sexy Toned Arms Workout ☐ Toned & Defined Arms	21. ☐ Best Thigh Exercises for Toned Legs ☐ Quick Burn INNER THIGH ☐ 20 Minute Leg Slimming Cardio
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	25. ☐ 20 minute Booty Lift Cardio ☐ Do this every day for a toned butt	26. ☐ Silent Death Cardio ☐ 30 Minute Head To Toe Tone THANKSGIVING	27. ☐ FAT BURNING Cardio ☐ 21 Minute Total Arm Tone ☐ 10 Minute Arm Toner BLACK FRIDAY	28. ☐ 10 Minute Inner Thigh Slimmer ☐ 30 minute EXTREME Pilates
29. ☐ Wake Up With Me ☐ Feel Good Soul Stretches	30. ☐ 10 Minute Fat Burning Cardio ☐ Abs, Butt and Thighs					