LOGILATES

DECEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. ☐ Fat Burning Ladder ☐ Perfect 10 Abs ☐ ABS FOCUS ☐ INSANE Abs & Obliques	**2.** ☐ Booty Poppin ☐ 5 Moves to Lift Your Butt ☐ 5 Minute Beautiful Booty	**3.** ☐ Quick Sweat ☐ Goodbye Muffintop ☐ 21 Minute All in One Tone	**4.** ☐ Lean & Toned Arms ☐ A+ Arms FIRST DAY OF HANUKKAH	**5.** ☐ 10 Minute Full Body Warm Up ☐ Sculpted Thighs & Tight Abs ☐ Best Thigh Exercises for Toned Legs
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	**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 ☐ 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 Exercises ☐ 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 ☐ 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 Cardio ☐ 10 Minute Beautiful Arm Sculpt Pilates ☐ Backless Bride Back Toning	**19.** ☐ Silent Death Fat Melting ☐ 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 Workout	**24.** ☐ Fat Burning Dance ☐ Fat Destroyer ☐ 10 Minute Ab & Oblique Sculpter ☐ Low Impact Total Body CHRISTMAS EVE	**25.** ☐ 10 Minute Anti-Bloating Cardio ☐ 5 Ways to Toned Arms & True Friends ☐ 10 Minute Arm Toner CHRISTMAS	**26.** ☐ Can I do 1000 Squats? KWANZAA
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	**29.** ☐ Pumped Up Cardio Warmup ☐ Extreme Muffintop Crushing ☐ 21 Minute Cardio Abs	**30.** ☐ Quick Cardio Booty Blast ☐ BRUTAL BOOTY ☐ INSANE Butt Blaster ☐ 6 Min to a Sexy Booty	**31.** ☐ Ultimate Fat Burn ☐ 10 Min Ab Sculpting ☐ 12 Minutes to Toned Total Body ☐ Gigi Hadid's No Equipment Travel Routine NEW YEAR'S EVE		