

# LOGILATES

< FEBRUARY 2018 >

SUN	MON	TUE	WED	THU	FRI	SAT
				1 8 Min At Home Cardio WO! The Best Workout for Watching TV! Spring Fling 1	2 <b>Groundhog Day!</b> Stretching for Leg Flexibility! Stretch Combo to Relieve Low Back Pain Make-Ahead Breakfast Ideas!	3 Hip Hop Fat Burn Shape of Your Thighs WO Challenge! Killer Calves WO Glutes & Thighs Trimdown Thigh Slimming Challenge
4 Super Fun Cardio Dance WO! Arms Focus Quick Burn TRICEP WO! Sexy Toned Arms WO Turbo Toned Arms	5 Cardio Dance + Ab WO Pillow Workout Grow Your Glutes WO Rainbow Butt Song Challenge! Lower Abs & Booty Blast	6 PIIT28 Supergirl WO x4	7 PIIT28 Street Fighter WO Bad At Love Handles WO Waist Trainer Exercises Belly Bloat Blaster WO Abs Focus	8 Fight the Fat WO Low Impact Total Body WO Lean & Sculpted Body	9 5 Stretches to get you Feeling Flexible Total Body Stretch 10 Quick & Healthy Snacks	10 Fat Burning Dance WO Plie Squat Challenge! Toned Thighs WO Sculpt Long Legs SADDLEBAGS Slimdown!
11 Silent Death Cardio Feel My Arms Still WO Weightless Arm WO Toned Arms + Flat Abs Toned Arms & Sexy Shoulders WO	12 Booty Poppin // PIIT 5 Moves to Lift Your Butt 5 Best Butt Exercises Butt Lift + Ab Chisel 3 Minute Butt Shaper	13 Intense Ab Burn // PIIT x4	14 <b>Valentine's Day &lt;3</b> HIIT My Abs Hard!!! Sore-y Not Sorry Ab WO Goodbye Muffintop WO Total Ab WO 8 Min At-Home Ab WO	15 Fun Indoor Cardio WO Total Body Tone Fest Total Body Pilates WO Playa del Plank WO Ultimate Fat Burn WO	16 <b>Chinese New Year!</b> Fun Yoga Routine Ultimate Daily Stretching Routine Matcha Green Tea Crepe Cake	17 Quick & Crazy Cardio WO Tone & Trim Your Inner Thighs WO Bikini Thighs WO! Perfect Legs WO Quick Burn Calves!
18 Lean & Toned Arms // PIIT 5 Ways to Toned Arms Complete Arms WO Arm Fat Blaster 5 Min Toned Arms	19 <b>President's Day!</b> Quick Sweat // Cardio Beat Abs, Butt and Thighs 6 Min to a Sexy Booty!	20 Total Body Slim Down // PIIT x4	21 Fat Burning Cardio + Core 5 Ways to Trim Your Waist 8 Min Abs & Obliques WO! Buh-Bye Muffintop WO Flat Abs WO	22 FAT BURNING Cardio! Spring Leaning Slimdown Slim 'n Sculpt! Bikini Body WO! Crazy Abs, Butt, & Legs WO	23 Stretch & Flexibility Focus 9 Steps to doing the Splits! Sushi Pizza	24 Leg Slimming WO // PIIT Outer Thighs & Lean Legs WO Thigh Exercises for Toned Legs! Sculpted Thighs & Tight Abs Legs Focus
25 Fat Burn Total Body Focus Toned & Defined Arms WO! Quick Burn Arms! Toned Arms & Sculpted Back Ultimate Back WO	26 5 Min Fat Attack Bold & the Bootiful WO! Bikini Butt WO! Butt Lift Challenge Butt Lift & Slim Thighs	27 Wonder Woman WO x4	28 Quick Cardio Warm Up 5 Ways to Build Your Core Perfect 10 Abs! Fast Ab WO Best Ab Exercises			