

# JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1.</b> <input type="checkbox"/> Gorgeous Legs <input type="checkbox"/> Long, Lean & Lit Leg Day
<b>2.</b> <input type="checkbox"/> 10 Perfect Morning Stretches <input type="checkbox"/> Stretching for Leg Flexibility	<b>3.</b> <input type="checkbox"/> 8 min At Home Cardio Workout <input type="checkbox"/> Sleek Body Sculptor	<b>4.</b> <input type="checkbox"/> Intense Ab Burn <input type="checkbox"/> Abdominal Destruction	<b>5.</b> <input type="checkbox"/> BOOTY FOCUS <input type="checkbox"/> Bombshell Bootification	<b>6.</b> <input type="checkbox"/> 10 Minute Anti-Bloating Cardio <input type="checkbox"/> Spring Leaning Slimdown <input type="checkbox"/> 10 Min Pilates Ab Workout <input type="checkbox"/> 8 min bikini body workout	<b>7.</b> <input type="checkbox"/> Ultimate Back Workout <input type="checkbox"/> Meghan Markle's Arm, Butt & Ab Routine	<b>8.</b> <input type="checkbox"/> Knee-Friendly Fat Burn Cardio Workout <input type="checkbox"/> Peach Booty & Thigh Shaper
<b>9.</b> <input type="checkbox"/> Relaxing stretches for better sleep <input type="checkbox"/> Total Body Stretch	<b>10.</b> <input type="checkbox"/> Slim 'n Sculpt! Beginner's POP Pilates <input type="checkbox"/> Butt Lifting & Thigh Sculpting Workout	<b>11.</b> <input type="checkbox"/> Abdominal Etcher & Butt Enhancer	<b>12.</b> <input type="checkbox"/> 10 Minute Booty Burn Workout with Bands <input type="checkbox"/> Lower Abs & Booty Blast <input type="checkbox"/> Butt Lift + Ab Chisel	<b>13.</b> <input type="checkbox"/> 10 Minute Waist Whittler <input type="checkbox"/> Fun Indoor Cardio Workout <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper Workout	<b>14.</b> <input type="checkbox"/> Extreme Weightless Arm Toner <input type="checkbox"/> Quick Burn Standing Back Workout	<b>15.</b> <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> Inner & Outer Thigh Pyramid Workout
<b>16.</b> <input type="checkbox"/> 15 Minute Deep Stretch for Splits <input type="checkbox"/> Ultimate Daily Stretching Routine  <b>FATHER'S DAY</b>	<b>17.</b> <input type="checkbox"/> 10 Minute Fat Burning Cardio Workout <input type="checkbox"/> How to Get Beyoncé's Body <input type="checkbox"/> 14 Minute Total Body Pilates Class	<b>18.</b> <input type="checkbox"/> 20 Minute Abdominal Isolate Workout <input type="checkbox"/> 20 minute Waist Whittler Cardio <input type="checkbox"/>	<b>19.</b> <input type="checkbox"/> Do this every day for a toned butt <input type="checkbox"/> 10 Minute Beautiful Butt Plump Workout <input type="checkbox"/> 10 Min Butt Lift Challenge	<b>20.</b> <input type="checkbox"/> Quick Burn Booty & Thighs Workout <input type="checkbox"/> Snatched Waist & Shapely Thighs	<b>21.</b> <input type="checkbox"/> Arm Fat Blaster <input type="checkbox"/> 12 Minutes to Toned Arms Workout	<b>22.</b> <input type="checkbox"/> Quick Burn Legs <input type="checkbox"/> Kylie Jenner's Actual Hips & Waist Routine
<b>23.</b> <input type="checkbox"/> Yoga for Splits <input type="checkbox"/> Fun Yoga Routine for Flexibility	<b>24.</b> <input type="checkbox"/> Total Body Slim Down <input type="checkbox"/> 15 Minute Full Body Pilates <input type="checkbox"/> At Home Total Body Slimming Workout	<b>25.</b> <input type="checkbox"/> Core Chiseler <input type="checkbox"/> 15 min Ab Fit Test	<b>26.</b> <input type="checkbox"/> Kim Kardashian's Actual Butt Routine <input type="checkbox"/> 5 Best Butt Exercises <input type="checkbox"/> Bridal Booty Lift Workout	<b>27.</b> <input type="checkbox"/> Lean Body Meltdown <input type="checkbox"/> The Push Plank Challenge	<b>28.</b> <input type="checkbox"/> 10 Minute Arm Toner <input type="checkbox"/> Toned Arms + Flat Abs <input type="checkbox"/> How to Get Great Arms Down the Aisle	<b>29.</b> <input type="checkbox"/> Beginner Pilates Thigh Toning Workout <input type="checkbox"/> Perfect Legs Workout <input type="checkbox"/> 15 Minute Booty Band Burnout
<b>30.</b> <input type="checkbox"/> Wake Up With Me Workout <input type="checkbox"/> Feel-Good Stretches for Splits						