

LOGILATES

# AUGUST 2024

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