

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. <ul style="list-style-type: none"> Stretch + De-Stress ✨ Glow Up Sessions Day 7 	2. <ul style="list-style-type: none"> Fat Burning Cardio + Core 21 Minute All in One Tone Workout HIIT My Abs HARD <p>LABOR DAY</p>	3. <ul style="list-style-type: none"> The ULTIMATE 2016 AB WORKOUT 20 Minute Abdominal Isolate Workout 	4. <ul style="list-style-type: none"> 21 Minute Total Booty Tone Workout 15 Minute Pilates Booty Workout 	5. <ul style="list-style-type: none"> 10 Minute Full Body Warm Up Fat Burn Machine 	6. <ul style="list-style-type: none"> 20 Minute Lean Arms Cardio Pilates Workout 15 Minute Arm Burnout 	7. <ul style="list-style-type: none"> 20 Minute Quick THIGH & LEG workout 10 Minute Beautiful Thigh Sculpt Pilates
8. <ul style="list-style-type: none"> Relax with Me Stretch Routine Relaxing stretches for better sleep 	9. <ul style="list-style-type: none"> Quick Sweat Fat Burning Circuit Lean & Sculpted Body 	10. <ul style="list-style-type: none"> 12 Minutes to Burn Fat Britney Spears' Hard Abs Workout ABS FOCUS // 6-Week Body Toning Bootcamp #2 	11. <ul style="list-style-type: none"> 10 Minute Fat Burning Cardio Bombshell Bootification ✨ Glow Up Sessions Day 3 	12. <ul style="list-style-type: none"> Apartment Friendly Warmup Crazy Abs, Butt & Legs Workout The ULTIMATE Hot Body Workout 	13. <ul style="list-style-type: none"> Silent Death Fat Melting Cardio 12 Minutes to Toned Arms 10 Minute Beautiful Arm Sculpt Pilates 	14. <ul style="list-style-type: none"> 15 Minute Thigh Strength Test 20 Minute Inner Thigh Isolate Workout
15. <ul style="list-style-type: none"> 21 Minute Flexibility Fix 	16. <ul style="list-style-type: none"> 10 Minute Cardio Pilates Workout Hips Butt 'n Thighs Super Shaper SNOWBUNNY BLAST 	17. <ul style="list-style-type: none"> Real Life Waist Trainer Exercises 5 Ways to Build your Core 5 Ways to Trim Your Waist 	18. <ul style="list-style-type: none"> 10 Minute Anti-Bloating Cardio 20 Minute Round Booty Workout 7 Minute Booty Burn 	19. <ul style="list-style-type: none"> Fat-Burning Cardio Sculpt Lean, Long & Lifted From Head to Toe 	20. <ul style="list-style-type: none"> Toned Arms + Flat Abs Complete Arms Workout Sexy Toned Arms Workout Toned & Defined Arms Workout 	21. <ul style="list-style-type: none"> Best Thigh Exercises for Toned Legs Quick Burn INNER THIGH Workout 20 Minute Leg Slimming Cardio Pilates Workout
22. <ul style="list-style-type: none"> Stretch Combo to Relieve Low Back Pain Total Body Stretch 	23. <ul style="list-style-type: none"> 21 Minute Cardio Burn N' Tone Workout 12 Minutes to Toned Total Body Workout 	24. <ul style="list-style-type: none"> 15 min Ab Fit Test 21 Minute Cardio Abs Workout 	25. <ul style="list-style-type: none"> 20 minute Booty Lift Cardio Pilates Do this every day for a toned butt 	26. <ul style="list-style-type: none"> Silent Death Cardio 30 Minute Head To Toe Tone 	27. <ul style="list-style-type: none"> FAT BURNING Cardio 21 Minute Total Arm Tone Workout 10 Minute Arm Toner 	28. <ul style="list-style-type: none"> 10 Minute Inner Thigh Slimmer 30 minute EXTREME Pilates Thigh Workout
29. <ul style="list-style-type: none"> Wake Up With Me Workout Feel Good Soul Stretches 	30. <ul style="list-style-type: none"> 10 Minute Fat Burning Cardio Abs, Butt and Thighs 					