

OCTOBER 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|---|--|
| | | 1. <ul style="list-style-type: none"> □ Fat Burning Ladder for Toned Thighs □ Perfect 10 Abs □ ABS FOCUS // 6-Week Body Toning Bootcamp #2 □ INSANE Abs & Obliques Workout | 2. <ul style="list-style-type: none"> □ Booty Poppin // PIIT □ 5 Moves to Lift Your Butt □ 5 Minute Beautiful Booty | 3. <ul style="list-style-type: none"> □ Quick Sweat // CARDIO BEAT □ Goodbye Muffintop Workout □ 21 Minute All in One Tone Workout | 4. <ul style="list-style-type: none"> □ Lean & Toned Arms // PIIT □ A+ Arms ✨ Glow Up Sessions Day 5 | 5. <ul style="list-style-type: none"> □ 10 Minute Full Body Warm Up □ Sculpted Thighs & Tight Abs □ Best Thigh Exercises for Toned Legs! |
| 6. <ul style="list-style-type: none"> □ Stretch + De-Stress ✨ Glow Up Sessions Day 7 | 7. <ul style="list-style-type: none"> □ Exercises to Grow Taller, Improve Posture & Get Lean □ 10 Minute Inner Thigh Slimmer □ 7 Minutes to Fabulous Arms □ Lower Belly Flattenner | 8. <ul style="list-style-type: none"> □ FAT BURNING Cardio □ 21 Minute Ab Tone □ Total Ab Workout | 9. <ul style="list-style-type: none"> □ KICK BUTT BLASTER □ The Bold & the Bootiful Workout □ Butt Workout for a Nice Shaped Booty □ 3 Minute Butt Shaper | 10. <ul style="list-style-type: none"> □ 21 Minute Cardio Burn N' Tone □ 10 Minute Beautiful Ab Sculpt Pilates □ 4 Minutes to Flat Abs & Toned Thighs | 11. <ul style="list-style-type: none"> □ 12 Minutes to Burn Fat □ 12 Minute Upper Body Workout with Weights □ 5 Minute Toned Arms | 12. <ul style="list-style-type: none"> □ Hip Hop Fat Burn // CARDIO BEAT □ 8 min bikini thighs workout □ 30 Day Thigh Slimming Challenge □ Quick Burn SADDLEBAGS Slimdown |
| 13. <ul style="list-style-type: none"> □ 21 Minute Flexibility Fix | 14. <ul style="list-style-type: none"> □ How to Grow Taller □ 12 Minutes to Toned Abs □ 5 Best THIGH SLIMMING Exercises □ Train Insane HIIT Workout | 15. <ul style="list-style-type: none"> □ Flat Stomach Fat Melter □ Extreme Abs Workout 2 □ Intense Ab Mania | 16. <ul style="list-style-type: none"> □ Quick Cardio Warm Up □ 5 Underbutt Isolation Exercises □ 8 min bikini butt □ 7 Minute Booty Burn | 17. <ul style="list-style-type: none"> □ Quick Sweat Fat Burning Circuit □ Happily Ever After Abs □ 10 Minute Cardio Pilates | 18. <ul style="list-style-type: none"> □ 10 Minute Fat Burning Cardio □ 10 Minute Beautiful Arm Sculpt Pilates □ Backless Bride Back Toning | 19. <ul style="list-style-type: none"> □ Silent Death Fat Melting Cardio □ 5 Inner Thigh Isolations □ Quick Burn Calves □ 5 Minute Long Lean Legs |
| 20. <ul style="list-style-type: none"> □ Stretches You Need After a Stressful Day □ Stretch Combo to Relieve Low Back Pain | 21. <ul style="list-style-type: none"> □ SNOWBUNNY BLAST □ 10 Minute Lower Ab Flattenner □ 5 Ways to Sculpt Long Legs □ 5 Chest Isolation Exercises | 22. <ul style="list-style-type: none"> □ FAT BURN TOTAL BODY FOCUS // 6-Week Body Toning Bootcamp #3 □ 20 Minute Waist Shaping □ The 5 Best & Most Effective Ab Exercises | 23. <ul style="list-style-type: none"> □ 5 Minute FAT BURNER □ Lift Your Booty Workout □ 30 Minute Extreme Butt Shaping | 24. <ul style="list-style-type: none"> □ Fat Burning Dance Workout to "Bodypop" □ Fat Destroyer □ 10 Minute Ab & Oblique Sculpter □ Low Impact Total Body Workout | 25. <ul style="list-style-type: none"> □ 10 Minute Anti-Bloating Cardio □ 5 Ways to Toned Arms □ 10 Minute Arm Toner | 26. <ul style="list-style-type: none"> □ Can I do 1000 Squats |
| 27. <ul style="list-style-type: none"> □ STRETCH & FLEXIBILITY FOCUS // 6-Week Body Toning Bootcamp #6 □ 5 Stretches to get you Feeling Flexible | 28. <ul style="list-style-type: none"> □ Glutes & Thighs Trimdown □ 10 Minute Arm Toner □ Toned Arms + Flat Abs □ Real Life Waist Trainer Exercises | 29. <ul style="list-style-type: none"> □ Pumped Up Cardio Warmup □ Extreme Muffintop Crushing □ 21 Minute Cardio Abs | 30. <ul style="list-style-type: none"> □ Quick Cardio Booty Blast □ BRUTAL BOOTY □ INSANE Butt Blaster □ 6 Min to a Sexy Booty | 31. <ul style="list-style-type: none"> □ Ultimate Fat Burn Workout □ 10 Min Ab Sculpting □ 12 Minutes to Toned Total Body □ Gigi Hadid's Travel Routine <p style="text-align: center;">HALLOWEEN</p> | | |