

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. <input type="checkbox"/> Extreme Weightless Arm Toner <input type="checkbox"/> 10 Minute Beautiful Arm Sculpt Pilates	2. <input type="checkbox"/> 5 Inner Thigh Isolations That'll Tone Your Legs <input type="checkbox"/> 5 Ways to Sculpt Long Legs <input type="checkbox"/> Glutes & Thighs Trimdown <input type="checkbox"/> 20 Minute Quick THIGH & LEG
3. <input type="checkbox"/> Stretch + De-Stress + Glow Up Sessions Day 7	4. <input type="checkbox"/> 30 Minute Head To Toe Tone <input type="checkbox"/> At Home Total Body Slimming Workout	5. <input type="checkbox"/> 21 Minute Cardio Abs Workout <input type="checkbox"/> 21 Minute Ab Tone Workout	6. <input type="checkbox"/> Silent Death Fat Melting Cardio <input type="checkbox"/> 5 Underbutt Isolation Exercises <input type="checkbox"/> 12 Minutes to Toned Booty <input type="checkbox"/> 10 Min Butt Lift Challenge <input type="checkbox"/> 6 Min to a Sexy Booty	7. <input type="checkbox"/> Shredding for the Wedding Cardio <input type="checkbox"/> Total Body Tone Fest <input type="checkbox"/> Ultimate Fat Burn <input type="checkbox"/> Core Chiseler	8. <input type="checkbox"/> Toned Tank Top Arms & Back <input type="checkbox"/> 15 Minute Arm Burnout	9. <input type="checkbox"/> 10 Minute Fat Burning Cardio <input type="checkbox"/> 20 Minute Leg Slimming Cardio Pilates <input type="checkbox"/> 20 Minute Inner Thigh Isolate
10. <input type="checkbox"/> 21 Minute Flexibility Fix <input type="checkbox"/> Relax with Me Stretch Routine	11. <input type="checkbox"/> 10 Minute Cardio Pilates Workout <input type="checkbox"/> 21 Minute All in One Tone Workout <input type="checkbox"/> Fat-Burning Cardio Sculpt <p>VETERAN'S DAY</p>	12. <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> 12 Minute Standing Ab Workout <input type="checkbox"/> 15 min Ab Fit Test <input type="checkbox"/> 10 Min Pilates Ab Workout	13. <input type="checkbox"/> Bridal Booty Lift Workout <input type="checkbox"/> 20 Minute Natural Glute Enhancing Isolate Workout <input type="checkbox"/> Lower Abs & Booty Blast	14. <input type="checkbox"/> FAT BURNING Cardio <input type="checkbox"/> Crazy Abs, Butt & Legs Workout <input type="checkbox"/> Butt Lift & Slim Thighs <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper <input type="checkbox"/> 5 Best Exercises to Flatten your Lower Belly	15. <input type="checkbox"/> 10 Minute Fat Burning Cardio <input type="checkbox"/> 15 Minute Weightless Arms <input type="checkbox"/> 12 Minutes to Toned Arms <input type="checkbox"/> 5 Tricep Isolation Exercises to Blast Back Arm Fat	16. <input type="checkbox"/> SNOWBUNNY BLAST <input type="checkbox"/> Legs on Fire <input type="checkbox"/> 5 Best THIGH SLIMMING Exercises <input type="checkbox"/> 15 Minute Thigh Strength Test
17. <input type="checkbox"/> Feel-Good Stretches for Splits	18. <input type="checkbox"/> 21 Minute Cardio Burn N' Tone <input type="checkbox"/> Beautiful Body Pilates <input type="checkbox"/> 12 Minutes to Toned Total Body	19. <input type="checkbox"/> HIIT My Abs HARD <input type="checkbox"/> Quick Sweat Fat Burning Circuit <input type="checkbox"/> 20 minute Waist Whittler Cardio Pilates <input type="checkbox"/> 10 Minute Beautiful Ab Sculpt Pilates	20. <input type="checkbox"/> Quick Cardio Booty Blast <input type="checkbox"/> 20 minute Booty Lift Cardio Pilates <input type="checkbox"/> INSANE Butt Blaster <input type="checkbox"/> Butt Lift + Ab Chisel	21. <input type="checkbox"/> 8 min At Home Cardio Workout <input type="checkbox"/> Fat Burning Cardio Warmup <input type="checkbox"/> The ULTIMATE Hot Body Workout <input type="checkbox"/> Total Body Pilates Workout <input type="checkbox"/> 5 Lower Ab Isolation Exercises	22. <input type="checkbox"/> Lean & Toned Arms <input type="checkbox"/> 12 Minute Upper Body Workout with Weights <input type="checkbox"/> Toned Arms at Home Workout <input type="checkbox"/> Toned Arms + Flat Abs	23. <input type="checkbox"/> 12 Minutes to Burn Fat <input type="checkbox"/> 10 Minute Beautiful Thigh Sculpt <input type="checkbox"/> 10 Minute Inner Thigh Slimmer <input type="checkbox"/> Quick Burn SADDLEBAGS Slimdown
24. <input type="checkbox"/> 10 Perfect Morning Stretches to Increase Energy <input type="checkbox"/> Total Body Stretch	25. <input type="checkbox"/> 10 Minute Full Body Warm Up <input type="checkbox"/> Fat Burning Cardio + Core <input type="checkbox"/> Flat Belly Fat Burner <input type="checkbox"/> 10 Minute Anti-Bloating Cardio	26. <input type="checkbox"/> 12 Minutes to Toned Abs Workout <input type="checkbox"/> 10 Minute Lower Ab Flattener <input type="checkbox"/> 10 Minute Ab & Oblique Sculpter <input type="checkbox"/> 10 Minute Waist Whittler	27. <input type="checkbox"/> 8 min bikini butt workout <input type="checkbox"/> 5 Best Butt Exercises to Sculpt a Cute Booty <input type="checkbox"/> BRUTAL BOOTY <input type="checkbox"/> 20 Minute Round Booty Workout	28. <input type="checkbox"/> Quick Cardio Warm Up <input type="checkbox"/> 5 Minute FAT BURNER <input type="checkbox"/> Flat Stomach Fat Melter <input type="checkbox"/> Fat Destroyer <input type="checkbox"/> Extreme Abs Workout <p>THANKSGIVING</p>	29. <input type="checkbox"/> Fun Indoor Cardio Workout <input type="checkbox"/> 20 Minute Lean Arms Cardio Pilates Workout <input type="checkbox"/> 6 Min to Sexy Arms <input type="checkbox"/> Complete Arms Workout <p>BLACK FRIDAY</p>	30. <input type="checkbox"/> 30 minute EXTREME Pilates Thigh Workout <input type="checkbox"/> Kylie Jenner's Actual Hips & Waist Routine