

DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. <input type="checkbox"/> Stretch + De-Stress ✨	2. <input type="checkbox"/> Fat Burning Cardio + Core <input type="checkbox"/> 21 Minute All in One Tone Workout <input type="checkbox"/> HIIT My Abs HARD	3. <input type="checkbox"/> The ULTIMATE 2016 AB WORKOUT <input type="checkbox"/> 20 Minute Abdominal Isolate Workout	4. <input type="checkbox"/> 21 Minute Total Booty Tone <input type="checkbox"/> 15 Minute Pilates Booty Workout	5. <input type="checkbox"/> 10 Minute Full Body Warm Up <input type="checkbox"/> Fat Burn Machine	6. <input type="checkbox"/> 20 Minute Lean Arms Cardio Pilates Workout <input type="checkbox"/> 15 Minute Arm Burnout	7. <input type="checkbox"/> 20 Minute Quick THIGH & LEG <input type="checkbox"/> 10 Minute Beautiful Thigh Sculpt Pilates
8. <input type="checkbox"/> Relax with Me Stretch Routine <input type="checkbox"/> Relaxing stretches for better sleep & flexibility	9. <input type="checkbox"/> Quick Sweat Fat Burning Circuit <input type="checkbox"/> Lean & Sculpted Body	10. <input type="checkbox"/> 12 Minutes to Burn Fat <input type="checkbox"/> Britney Spears' Hard Abs Workout <input type="checkbox"/> ABS FOCUS	11. <input type="checkbox"/> 10 Minute Fat Burning Cardio <input type="checkbox"/> Bombshell Bootification ✨	12. <input type="checkbox"/> Apartment Friendly Warmup <input type="checkbox"/> Crazy Abs, Butt & Legs Workout <input type="checkbox"/> The ULTIMATE Hot Body Workout	13. <input type="checkbox"/> Silent Death Fat Melting Cardio <input type="checkbox"/> 12 Minutes to Toned Arms <input type="checkbox"/> 10 Minute Beautiful Arm Sculpt Pilates	14. <input type="checkbox"/> 15 Minute Thigh Strength Test <input type="checkbox"/> 20 Minute Inner Thigh Isolate
15. <input type="checkbox"/> 21 Minute Flexibility Fix	16. <input type="checkbox"/> 10 Minute Cardio Pilates Workout <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper <input type="checkbox"/> SNOWBUNNY BLAST	17. <input type="checkbox"/> Real Life Waist Trainer Exercises <input type="checkbox"/> 5 Ways to Build Core <input type="checkbox"/> 5 Ways to Trim Waist	18. <input type="checkbox"/> 10 Minute Anti-Bloating Cardio <input type="checkbox"/> 20 Minute Round Booty Workout <input type="checkbox"/> 7 Minute Booty Burn	19. <input type="checkbox"/> Fat-Burning Cardio Sculpt <input type="checkbox"/> Lean, Long & Lifted From Head to Toe	20. <input type="checkbox"/> Toned Arms + Flat Abs <input type="checkbox"/> Complete Arms Workout <input type="checkbox"/> Sexy Toned Arms Workout <input type="checkbox"/> Toned & Defined Arms Workout	21. <input type="checkbox"/> Best Thigh Exercises for Toned Legs <input type="checkbox"/> Quick Burn INNER THIGH Workout <input type="checkbox"/> 20 Minute Leg Slimming Cardio
22. <input type="checkbox"/> Stretch Combo to Relieve Low Back Pain <input type="checkbox"/> Total Body Stretch	23. <input type="checkbox"/> 21 Minute Cardio Burn N' Tone <input type="checkbox"/> 12 Minutes to Toned Total Body	24. <input type="checkbox"/> 15 Min Ab Fit Test <input type="checkbox"/> 21 Minute Cardio Abs CHRISTMAS EVE	25. <input type="checkbox"/> 20 Minute Booty Lift Cardio Pilates <input type="checkbox"/> Do this every day for toned butt FIRST DAY OF HANUKKAH CHRISTMAS	26. <input type="checkbox"/> Silent Death Cardio <input type="checkbox"/> 30 Minute Head To Toe Tone KWANZAA	27. <input type="checkbox"/> FAT BURNING Cardio <input type="checkbox"/> 21 Minute Total Arm Tone Workout <input type="checkbox"/> 10 Minute Arm Toner	28. <input type="checkbox"/> 10 Minute Inner Thigh Slimmer <input type="checkbox"/> 30 Minute EXTREME Pilates Thigh Workout
29. <input type="checkbox"/> Wake Up With Me Workout <input type="checkbox"/> Feel Good Soul Stretches	30. <input type="checkbox"/> 10 Minute Fat Burning Cardio <input type="checkbox"/> Abs, Butt and Thighs	31. <input type="checkbox"/> 21 Minute Ab Tone Workout <input type="checkbox"/> 10 Min Pilates Ab Workout NEW YEAR'S EVE				