

JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1.</p> <ul style="list-style-type: none"> Shredding for the Wedding Cardio Butt Lift + Ab Chisel 10 Min Side Booty Shaper <p>NEW YEAR'S DAY</p>	<p>2.</p> <ul style="list-style-type: none"> Apartment Friendly Warmup 12 Minutes to Toned Total Body Workout 21 Minute All in One Tone Workout 	<p>3.</p> <ul style="list-style-type: none"> Lean & Toned Arms Complete Arms Workout Toned Arms + Flat Abs Weightless Arm Workout 	<p>4.</p> <ul style="list-style-type: none"> Leg Slimming Workout Best Thigh Exercises for Toned Legs Quick Burn SADDLEBAGS Slimdown Quick Burn INNER THIGH Workout
<p>5.</p> <ul style="list-style-type: none"> Wake Up With Me Workout 10 Perfect Morning Stretches to Increase Energy 	<p>6.</p> <ul style="list-style-type: none"> Fat Burning Cardio + Core Butt Lifting & Thigh Sculpting Workout Build a Booty Workout 	<p>7.</p> <ul style="list-style-type: none"> 10 Minute Lower Ab Flattener 10 Minute Waist Whittler Best Ab Exercises for a Toned Tummy 	<p>8.</p> <ul style="list-style-type: none"> Silent Death Cardio BRUTAL BOOTY Lift Your Booty Workout BOOTY FOCUS 	<p>9.</p> <ul style="list-style-type: none"> 10 Minute Fat Burning Cardio Workout Abs, Butt and Thighs 	<p>10.</p> <ul style="list-style-type: none"> Quick Sweat Cardio Beat Quick Burn Arms 7 Minutes to Fabulous Arms Ultimate Back Workout 	<p>11.</p> <ul style="list-style-type: none"> Booty Poppin 10 Minute Beautiful Thigh Sculpt Pilates 10 Minute Inner Thigh Slimmer
<p>12.</p> <ul style="list-style-type: none"> Ultimate Daily Stretching Routine Total Body Stretch 	<p>13.</p> <ul style="list-style-type: none"> Plie Squat Challenge 20 Minute Inner Thigh Isolate Workout Arm Fat Blaster 	<p>14.</p> <ul style="list-style-type: none"> 20 Minute Abdominal Isolate Workout ABS FOCUS Total Ab Workout 	<p>15.</p> <ul style="list-style-type: none"> 20 minute Booty Lift Cardio Pilates 10 Minute Beautiful Butt Plump 5 Underbutt Isolation Exercises <p>CASSEY'S B-DAY!</p>	<p>16.</p> <ul style="list-style-type: none"> FAT BURNING Cardio FAT BURN TOTAL BODY FOCUS Beautiful Body Pilates Total Body Pilates Workout 	<p>17.</p> <ul style="list-style-type: none"> Ultimate Fat Burn Workout Toned Tank Top Arms & Back 	<p>18.</p> <ul style="list-style-type: none"> Peach Booty & Thigh Shaper Quick Burn Legs
<p>19.</p> <ul style="list-style-type: none"> Feel-Good Stretches for Splits 	<p>20.</p> <ul style="list-style-type: none"> Fat Melter & Ab Trainer Quick Burn Standing Back Workout <p>MLK DAY</p>	<p>21.</p> <ul style="list-style-type: none"> 10 Minute Ab & Oblique Sculpter 10 Minute Beautiful Ab Sculpt Pilates Real Life Waist Trainer Exercises 	<p>22.</p> <ul style="list-style-type: none"> 12 Minutes to Burn Fat 20 Minute Natural Glute Enhancing Isolate Workout 	<p>23.</p> <ul style="list-style-type: none"> 10 Minute Anti-Bloating Cardio Lean, Long & Lifted From Head to Toe 	<p>24.</p> <ul style="list-style-type: none"> Silent Death Fat Melting Cardio 10 Minute Arm Toner 15 Minute Arm Burnout Sexy Toned Arms Workout 	<p>25.</p> <ul style="list-style-type: none"> 30 Min EXTREME Pilates Thigh Workout Toned Thighs Workout
<p>26.</p> <ul style="list-style-type: none"> Stretching for Leg Flexibility 	<p>27.</p> <ul style="list-style-type: none"> 5 Inner Thigh Isolations Quick Burn Calves 5 Chest Isolation Exercises INSANE Weightless Arms Workout 	<p>28.</p> <ul style="list-style-type: none"> 5 Lower Ab Isolation Exercises 20 minute Waist Whittler Cardio INSANE Abs & Obliques Workout 	<p>29.</p> <ul style="list-style-type: none"> 10 Minute Full Body Warm Up INSANE Butt Blaster 12 Minutes to Toned Booty Workout Quick Cardio Booty Blast 	<p>30.</p> <ul style="list-style-type: none"> Total Body Slim Down Lean & Sculpted Body 	<p>31.</p> <ul style="list-style-type: none"> 12 Minutes to Toned Arms Workout 5 Tricep Isolation Exercises Toned & Defined Arms Workout Quick Burn TRICEP WORKOUT 	