

JANUARY 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
UPPER SCULPT NEW YEAR'S DAY 1 <input type="checkbox"/> Hip Hop Fat Burn <input type="checkbox"/> Arm Fat Blaster <input type="checkbox"/> Weightless Arm WO <input type="checkbox"/> Toned Arms & Sculpted Back	BOOTY TIME 2 NEW VIDI! LEAN ★ SCULPTED BODY <input type="checkbox"/> Booty Brigade <input type="checkbox"/> 5 Min Beautiful Booty	BEAUTIFUL BOD 3 <input type="checkbox"/> Snowbunny Blast <input type="checkbox"/> 8 Min Bikini Body WO <input type="checkbox"/> Total Body Pilates WO <input type="checkbox"/> Crazy Abs, Butt & Legs WO <input type="checkbox"/> Playa del Plank	MUFFINTOP CRUSH 4 <input type="checkbox"/> HIIT My Abs Hard!!! <input type="checkbox"/> Quick Burn Obliques <input type="checkbox"/> Extreme Muffintop Crushing WO <input type="checkbox"/> Flat Abs WO <input type="checkbox"/> Quick Burn Waist Shaper WO	LEG SCULPT 5 <input type="checkbox"/> Fun Indoor Cardio WO <input type="checkbox"/> Plie Squat Challenge <input type="checkbox"/> Quick Burn Booty & Thighs WO <input type="checkbox"/> Quick Burn Saddlebags Slimdown <input type="checkbox"/> Killer Legs Challenge	CHILLAX 6 <input type="checkbox"/> Ultimate Daily Stretching Routine <input type="checkbox"/> 9 Steps to Doing the Splits <input type="checkbox"/> 4 Energy Boosting snacks	FAT BURNER 7 <input type="checkbox"/> 4 Min to a Hot Body WO <input type="checkbox"/> Heart on Fire <input type="checkbox"/> Flat Belly Fat Burner <input type="checkbox"/> Spring Fling 2: Fat Loss <input type="checkbox"/> Fat Burning Cardio Warmup
<input type="checkbox"/> Quick Cardio Warm Up <input type="checkbox"/> Quick Burn Arms <input type="checkbox"/> Exercises for Better Posture <input type="checkbox"/> Quick Burn Tricep WO <input type="checkbox"/> Sleek Tank Top Arms	NEW VIDI! ABS, BUTT AND THIGHS ★ <input type="checkbox"/> Brutal Booty <input type="checkbox"/> Glutes & Thighs Trimdown	<input type="checkbox"/> Quick Sweat // Cardio Beat <input type="checkbox"/> The Official Prom Dress WO <input type="checkbox"/> Slim 'n Sculpt <input type="checkbox"/> Spring Leaning Slimdown	<input type="checkbox"/> Intense Ab Burn // PIIT <input type="checkbox"/> TURBO Obliques <input type="checkbox"/> Happy Hard Core Ab WO <input type="checkbox"/> The Ultimate 2016 Ab WO <input type="checkbox"/> Perfect 10 Abs	<input type="checkbox"/> Gorgeous Legs // Cardio Beat <input type="checkbox"/> 8 Min Bikini Thighs WO <input type="checkbox"/> Quick Burn Inner Thigh WO <input type="checkbox"/> Hips Butt 'n Thighs Super Shaper WO <input type="checkbox"/> 5 Best Thigh Slimming Exercises	<input type="checkbox"/> Wake Up with Me WO <input type="checkbox"/> The Best Stretches for Chilling Out <input type="checkbox"/> Healthiest Cake in the World!	<input type="checkbox"/> Total Body Slim Down // PIIT <input type="checkbox"/> The 100 Burpee Burnout <input type="checkbox"/> Fat Burning Ladder <input type="checkbox"/> Hip Hop Fat Burn <input type="checkbox"/> Fat Burning Cardio
<input type="checkbox"/> Lean & Toned Arms // PIIT <input type="checkbox"/> Arms on Fire <input type="checkbox"/> The Ultimate Butt, Back & Arms Challenge <input type="checkbox"/> 5 Min Toned Arms <input type="checkbox"/> Toned & Defined Arms WO	MLK DAY CASSEY'S BIRTHDAY NEW VIDI! CORE CRUSHER ★ <input type="checkbox"/> Can I do 1000 Squats?	<input type="checkbox"/> 8 Min At Home Cardio WO <input type="checkbox"/> WHOA WHOA!!! Whole Body WO <input type="checkbox"/> The Ultimate Hot Body WO <input type="checkbox"/> Spring Fling 1: Toning	<input type="checkbox"/> 5 Min Fat Attack <input type="checkbox"/> Muffintop Shredder WO <input type="checkbox"/> Intense Ab Mania WO <input type="checkbox"/> 8 Min Abs & Obliques WO <input type="checkbox"/> 6 Min to a Sexy Little Waist	<input type="checkbox"/> Leg Slimming WO // PIIT <input type="checkbox"/> Legs on Fire <input type="checkbox"/> Quick Burn Calves <input type="checkbox"/> 6 Min to Sexy Thighs <input type="checkbox"/> 30 Day Thigh Slimming Challenge	<input type="checkbox"/> How to do a Headstand <input type="checkbox"/> Stretching for Leg Flexibility <input type="checkbox"/> Creative, Healthy Lunch Ideas	<input type="checkbox"/> Fat Burning Dance WO <input type="checkbox"/> Summer Sweats <input type="checkbox"/> Like Money Apartment <input type="checkbox"/> Friendly POP Cardio <input type="checkbox"/> Heartbeat Heaven HIIT WO <input type="checkbox"/> POP Cardio Carnage
<input type="checkbox"/> Quick Sweat Fat Burning Circuit <input type="checkbox"/> Back on Fire <input type="checkbox"/> Quick Burn Standing Back WO <input type="checkbox"/> Push Plank Challenge <input type="checkbox"/> Backless Dress WO	NEW VIDI! /BLOGILATES 23 <input type="checkbox"/> Booty Poppin // PIIT <input type="checkbox"/> 8 Min Bikini Butt WO <input type="checkbox"/> 10 Min Butt Lift Challenge <input type="checkbox"/> Rainbow Butt Song Challenge	<input type="checkbox"/> Pumped Up Cardio Warmup <input type="checkbox"/> Quick Cardio Booty Blast <input type="checkbox"/> Total Body WO Challenge <input type="checkbox"/> Crazy Abs, Butt & Legs WO <input type="checkbox"/> Playa del Plank	<input type="checkbox"/> Train Insane HIIT WO <input type="checkbox"/> Belly Bloat Blaster WO <input type="checkbox"/> 5 Best Muffintop Melting Moves <input type="checkbox"/> 10 Min Ab Sculpting WO <input type="checkbox"/> Clapper Song Challenge	<input type="checkbox"/> Fat Burning Ladder <input type="checkbox"/> Butt Lift & Slim Thighs <input type="checkbox"/> Sculpted Legs in Skinny Leggings WO <input type="checkbox"/> Quick Burn Legs <input type="checkbox"/> Lolo Jones Legs 'n Lunges Challenge	<input type="checkbox"/> Relax with Me Stretch Routine <input type="checkbox"/> Feel Good Soul Stretches <input type="checkbox"/> Healthy Taco Bowls	CHINESE NEW YEAR 28 <input type="checkbox"/> Flat Stomach Fat Melter <input type="checkbox"/> Intense Ab Burn // PIIT <input type="checkbox"/> Fun Indoor Cardio WO <input type="checkbox"/> Flat Belly Fat Burner
<input type="checkbox"/> Fat Destroyer <input type="checkbox"/> 6 Min to Sexy Arms <input type="checkbox"/> TURBO Toned Arms <input type="checkbox"/> Back Attack! <input type="checkbox"/> Push Up Challenge	NEW VIDI! /BLOGILATES 30 <input type="checkbox"/> Heart on Fire <input type="checkbox"/> Beach Ready Butt WO <input type="checkbox"/> 5 Best Butt Exercises <input type="checkbox"/> Butt on Fire	<input type="checkbox"/> 5 Min Fat Burner <input type="checkbox"/> Spring Leaning Slimdown <input type="checkbox"/> Slim 'n Sculpt <input type="checkbox"/> Total Body Pilates WO	<div> <div>1. SIMPLY CLICK ON THE WORKOUT.</div> <div>2. DO THE WORKOUT ONCE!</div> <div>3. CHECK OFF AS YOU GO!</div> </div>			

28-DAY RESET CHALLENGE

JAN 2-29

Download my free PDF
bit.ly/28dayreset to learn how
 to join and get lean & strong!