

JANUARY 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
UPPER SCULPT	BOOTY TIME	BEAUTIFUL BOD	MUFFINTOP CRUSH	LEG SCULPT	CHILLAX	FAT BURNER
NEW YEAR'S DAY  1 ☐ Hip Hop Fat Burn ☐ Arm Fat Blaster ☐ Weightless Arm WO ☐ Toned Arms & Sculpted Back	NEW VIDEO! LEAN SCULPTED BODY  2 ☐ Booty Brigade ☐ 5 Min Beautiful Booty	☐ Snowbunny Blast ☐ 8 Min Bikini Body WO ☐ Total Body Pilates WO ☐ Crazy Abs, Butt & Legs WO ☐ Playa del Plank	☐ HIIT My Abs Hard!!! ☐ Quick Burn Obliques ☐ Extreme Muffintop Crushing WO ☐ Flat Abs WO ☐ Quick Burn Waist Shaper WO	☐ Fun Indoor Cardio WO ☐ Plie Squat Challenge ☐ Quick Burn Booty & Thighs WO ☐ Quick Burn Saddlebags Slimdown ☐ Killer Legs Challenge	☐ Ultimate Daily Stretching Routine ☐ 9 Steps to Doing the Splits ☐ 4 Energy Boosting snacks	☐ 4 Min to a Hot Body WO ☐ Heart on Fire ☐ Flat Belly Fat Burner ☐ Spring Fling 2: Fat Loss ☐ Fat Burning Cardio Warmup
☐ Quick Cardio Warm Up ☐ Quick Burn Arms ☐ Exercises for Better Posture ☐ Quick Burn Tricep WO ☐ Sleek Tank Top Arms	NEW VIDEO! ABS, BUTT AND THIGHS  9 ☐ Brutal Booty ☐ Glutes & Thighs Trimdown	☐ Quick Sweat // Cardio Beat ☐ The Official Prom Dress WO ☐ Slim 'n Sculpt ☐ Spring Leaning Slimdown	☐ Intense Ab Burn // PIIT ☐ TURBO Obliques ☐ Happy Hard Core Ab WO ☐ The Ultimate 2016 Ab WO ☐ Perfect 10 Abs	☐ Gorgeous Legs // Cardio Beat ☐ 8 Min Bikini Thighs WO ☐ Quick Burn Inner Thigh WO ☐ Hips Butt 'n Thighs Super Shaper WO ☐ 5 Best Thigh Slimming Exercises	☐ Wake Up with Me WO ☐ The Best Stretches for Chilling Out ☐ Healthiest Cake in the World!	☐ Total Body Slim Down // PIIT ☐ The 100 Burpee Burnout ☐ Fat Burning Ladder ☐ Hip Hop Fat Burn ☐ Fat Burning Cardio
☐ Lean & Toned Arms // PIIT ☐ Arms on Fire ☐ The Ultimate Butt, Back & Arms Challenge ☐ 5 Min Toned Arms ☐ Toned & Defined Arms WO	MLK DAY CASSEY'S BIRTHDAY  16 NEW VIDEO! CORE CRUSHER  ☐ Can I do 1000 Squats?	☐ 8 Min At Home Cardio WO ☐ WHOA WHOA!!! Whole Body WO ☐ The Ultimate Hot Body WO ☐ Spring Fling 1: Toning	☐ 5 Min Fat Attack ☐ Muffintop Shredder WO ☐ Intense Ab Mania WO ☐ 8 Min Abs & Obliques WO ☐ 6 Min to a Sexy Little Waist	☐ Leg Slimming WO // PIIT ☐ Legs on Fire ☐ Quick Burn Calves ☐ 6 Min to Sexy Thighs ☐ 30 Day Thigh Slimming Challenge!	☐ How to do a Headstand ☐ Stretching for Leg Flexibility ☐ Creative, Healthy Lunch Ideas	☐ Fat Burning Dance WO ☐ Summer Sweatfest ☐ Like Money Apartment Friendly POP Cardio ☐ Heartbeat Heaven HIIT WO ☐ POP Cardio Carnage!
☐ Quick Sweat Fat Burning Circuit ☐ Back on Fire ☐ Quick Burn Standing Back WO ☐ Push Plank Challenge ☐ Backless Dress WO	NEW VIDEO! /BLOGILATES 23 ☐ Booty Poppin // PIIT ☐ 8 Min Bikini Butt WO ☐ 10 Min Butt Lift Challenge ☐ Rainbow Butt Song Challenge!	☐ Pumped Up Cardio Warmup ☐ Quick Cardio Booty Blast ☐ Total Body WO Challenge ☐ Crazy Abs, Butt & Legs WO ☐ Playa del Plank	☐ Train Insane HIIT WO ☐ Belly Bloat Blaster WO ☐ 5 Best Muffintop Melting Moves ☐ 10 Min Ab Sculpting WO ☐ Clapper Song Challenge!	☐ Fat Burning Ladder ☐ Butt Lift & Slim Thighs ☐ Sculpted Legs in Skinny Leggings WO ☐ Quick Burn Legs ☐ Lolo Jones Legs 'n Lunges Challenge	☐ Relax with Me Stretch Routine ☐ Feel Good Soul Stretches ☐ Healthy Taco Bowls	CHINESE NEW YEAR  28 ☐ Flat Stomach Fat Melter ☐ Intense Ab Burn // PIIT ☐ Fun Indoor Cardio WO ☐ Flat Belly Fat Burner
☐ Fat Destroyer ☐ 6 Min to Sexy Arms ☐ TURBO Toned Arms ☐ Back Attack! ☐ Push Up Challenge	NEW VIDEO! /BLOGILATES 30 ☐ Heart on Fire ☐ Beach Ready Butt WO ☐ 5 Best Butt Exercises ☐ Butt on Fire	☐ 5 Min Fat Burner ☐ Spring Leaning Slimdown ☐ Slim 'n Sculpt ☐ Total Body Pilates WO	1. SIMPLY CLICK ON THE WORKOUT. 2. DO THE WORKOUT ONCE! 3. CHECK OFF AS YOU GO!			28-DAY RESET CHALLENGE JAN 2-29 Download my free PDF bit.ly/28dayreset to learn how to join and get lean & strong!