

SEPTEMBER

FULL BODY

GLUTES

FULL BODY

ABS

NEW

LEGS

RECOVERY

**36 Minute
Full Body**

**9 Minute
Abdominals**

**New! 25
Minute
Abs & Glutes**

**13 Minute
Legs**

**32 Minute
Yoga Stretch**

**42 Minute
Full Body**

**19 Minute
Glutes &
Inner Thigh**

**60 Minute
Full Body
Circuit**

**15 Minute
Abdominals**

**New! 7
Minute
Arms**

**9 Minute
Legs**

**10 Minute
Yoga Stretch
Before Bed**

**49 Minute
Full Body
Barre**

**13 Minute
Glutes**

**54 Minute
Full Body
Circuit**

**17 Minute
Abdominals
With A Ball**

**New!
Full Body
Sculpt**

**11 Minute
Legs**

**15 Minute
Yoga Stretch
for Hips**

**50 Minute
Full Body
Barre**

**20 Minute
Lower Body**

**44 Minute
Full Body**

**14 Minute
Abdominals**

**New! 15
Minute
Glutes #4**

**20 Minute
Barre
Lower Body**

**10 Minute
Yoga Stretch**

**40 Minute
Full Body**

**17 Minute
Glutes**

**45 Minute
Full Body**

**17 Minute
Abdominals
Ab Circuit**