







# JANUARY 2017

SUN	MON	TUES	WED	THURS	FRI	SAT		
<b>UPPER SCULPT</b> <b>NEW YEAR'S DAY</b>  <b>1</b> <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	<b>BOOTY TIME</b> <b>NEW VIDI! LEAN SCULPTED BODY</b>  <input type="checkbox"/> <b>NEW VIDI! LEAN SCULPTED BODY</b> <input type="checkbox"/> <b>BOOTY BRIGADE</b> <input type="checkbox"/> <b>5 Min Beautiful Booty</b>	<b>BEAUTIFUL BOD</b> <b>3</b> <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	<b>MUFFINTOP CRUSH</b> <b>4</b> <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	<b>LEG SCULPT</b> <b>5</b> <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	<b>CHILLAX</b> <b>6</b> <input type="checkbox"/> Ultimate Daily Stretching Routine <input type="checkbox"/> 9 Steps to Doing the Splits <input type="checkbox"/> 4 Energy Boosting snacks	<b>FAT BURNER</b> <b>7</b> <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		
<b>8</b> <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	<b>9</b> <b>NEW VIDI! ABS, BUTT AND THIGHS</b>  <input type="checkbox"/> <b>NEW VIDI! ABS, BUTT AND THIGHS</b> <input type="checkbox"/> <b>BRUTAL BOOTY</b> <input type="checkbox"/> <b>GLUTES &amp; THIGHS TRIMDOWN</b>	<b>10</b> <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	<b>11</b> <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	<b>12</b> <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	<b>13</b> <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!	<b>14</b> <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		
<b>15</b> <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	<b>16</b> <b>MLK DAY CASSEY'S BIRTHDAY</b>  <b>NEW VIDI! CORE CRUSHER</b>  <input type="checkbox"/> <b>NEW VIDI! CORE CRUSHER</b> <input type="checkbox"/> <b>CAN I DO 1000 SQUATS?</b>	<b>17</b> <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	<b>18</b> <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	<b>19</b> <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!	<b>20</b> <input type="checkbox"/> How to do a Headstand <input type="checkbox"/> Stretching for Leg Flexibility <input type="checkbox"/> Creative, Healthy Lunch Ideas	<b>21</b> <input type="checkbox"/> Fat Burning Dance WO <input type="checkbox"/> Summer Sweattest <input type="checkbox"/> Like Money Apartment Friendly POP Cardio <input type="checkbox"/> Heartbeat Heaven HIIT WO <input type="checkbox"/> POP Cardio Carnage!		
<b>22</b> <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	<b>23</b> <b>NEW VIDI! /BLOGILATES</b> <input type="checkbox"/> <b>NEW VIDI! /BLOGILATES</b> <input type="checkbox"/> <b>BOOTY POPPIN // PIIT</b> <input type="checkbox"/> <b>8 Min Bikini Butt WO</b> <input type="checkbox"/> <b>10 Min Butt Lift Challenge</b> <input type="checkbox"/> <b>RAINBOW BUTT SONG CHALLENGE!</b>	<b>24</b> <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	<b>25</b> <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!	<b>26</b> <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	<b>27</b> <input type="checkbox"/> Relax with Me Stretch Routine <input type="checkbox"/> Feel Good Soul Stretches <input type="checkbox"/> Healthy Taco Bowls	<b>28</b> <b>CHINESE NEW YEAR</b>  <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		
<b>29</b> <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	<b>30</b> <b>NEW VIDI! /BLOGILATES</b> <input type="checkbox"/> <b>NEW VIDI! /BLOGILATES</b> <input type="checkbox"/> <b>HEART ON FIRE</b> <input type="checkbox"/> <b>BEACH READY BUTT WO</b> <input type="checkbox"/> <b>5 BEST BUTT EXERCISES</b> <input type="checkbox"/> <b>BUTT ON FIRE</b>	<b>31</b> <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	<b>1. SIMPLY CLICK ON THE WORKOUT.</b> <b>2. DO THE WORKOUT ONCE!</b> <b>3. CHECK OFF AS YOU GO!</b>				<b>28-DAY RESET CHALLENGE</b> <b>JAN 2-29</b> Download my free PDF <a href="http://bit.ly/28dayreset">bit.ly/28dayreset</a> to learn how to join and get lean & strong!	