

	Workout	Link		Workout	Link
WEEK 1			WEEK 2		
Day 1	10 Minute Glutes	https://www.2sha	Day 1	15 Minute Lower Body Pilates	https://www.youtu
Day 2	Wall Ab Workout	https://www.2sha	Day 2	Love Handle Workout	https://www.2sha
Day 3	Rest		Day 3	Rest	
Day 4	10 Minute Cardio	https://www.2sha	Day 4	10 Minute Tabata (cardio)	https://www.youtu
Day 5	10 Minute Full Body	https://www.2sha	Day 5	10 Minute Toned Arms	https://www.youtu
Day 6	Rest		Day 6	Rest	
Day 7	Stretching Routine	https://www.2sha	Day 7	10 Minute Full Body Stretch	https://www.youtu
	Workout	Link			
WEEK 3			WEEK 4		
Day 1	15 Minute Abs	https://youtu.be/y	Day 1	20 Minute Abs	https://youtu.be/3
Day 2	10 Minute Booty	https://youtu.be/v	Day 2	10 Minute Balance Workout	https://youtu.be/v
Day 3	Rest		Day 3	30 Minute Low Impact Cardio	https://youtu.be/l
Day 4	15 Minute Cardio	https://youtu.be/y	Day 4	15 Minute Legs and Booty	https://youtu.be/c
Day 5	15 Minute Back for Better Posture	https://youtu.be/j	Day 5	Rest	
Day 6	Rest		Day 6	10 Minute Arm Workout Easy	https://youtu.be/e
Day 7	15 Minute Stress Relief Yoga	https://youtu.be/y	Day 7	15 Minute Plyo	https://youtu.be/c
	Workout	Link		Workout	Link
WEEK 5			WEEK 6		
Day 1	20 Minute Core	https://youtu.be/-	Day 1	20 Minute Full Body Yoga	https://youtu.be/c
Day 2	Rest		Day 2	20 Minute Booty Lift Cardio	https://youtu.be/z
Day 3	20 Minute Glutes	https://youtu.be/3	Day 3	20 Minute Abs	https://youtu.be/x
Day 4	10 Minute Upper Body	https://youtu.be/F	Day 4	20 Minute Plyo HIIT	https://youtu.be/1
Day 5	Rest		Day 5	Rest	
Day 6	15 Minute Back Workout	">https://youtu.be/>	Day 6	15 Minute Upper Body	https://youtu.be/r
Day 7	20 Minute Plyo HIIT	https://youtu.be/y	Day 7	20 Minute Booty Pilates	">https://youtu.be/>