

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2013

1

LEGS AND
THIGHS

2

FAST FAT
BURN

3

ARMS AND
SHOULDERS

4

BIKE

5

BUTT AND
hips

6

CHEST AND
BACK

7

YOGA MELT-
DOWN

8

BIKE

9

FAST ABS

10

LEGS AND
THIGHS

11

ARMS AND
SHOULDERS

12

BIKE

13

BUTT AND
hips

14

ULTIMATE
POWER YOGA

15

GYM OR
CHEST AND
BACK

16

BUTT AND
hips

17

FAST FAT
BURN

18

GYM/BIKE

19

ARMS AND
SHOULDERS

20

LEGS AND
THIGHS

21

YOGA MELT-
DOWN

22

CHEST AND
BACK

23

LEGS AND
THIGHS

24

FAST ABS

25

ARMS AND
SHOULDERS

26

BUTT AND
hips

27

BIKE

28

ULTIMATE
POWER YOGA

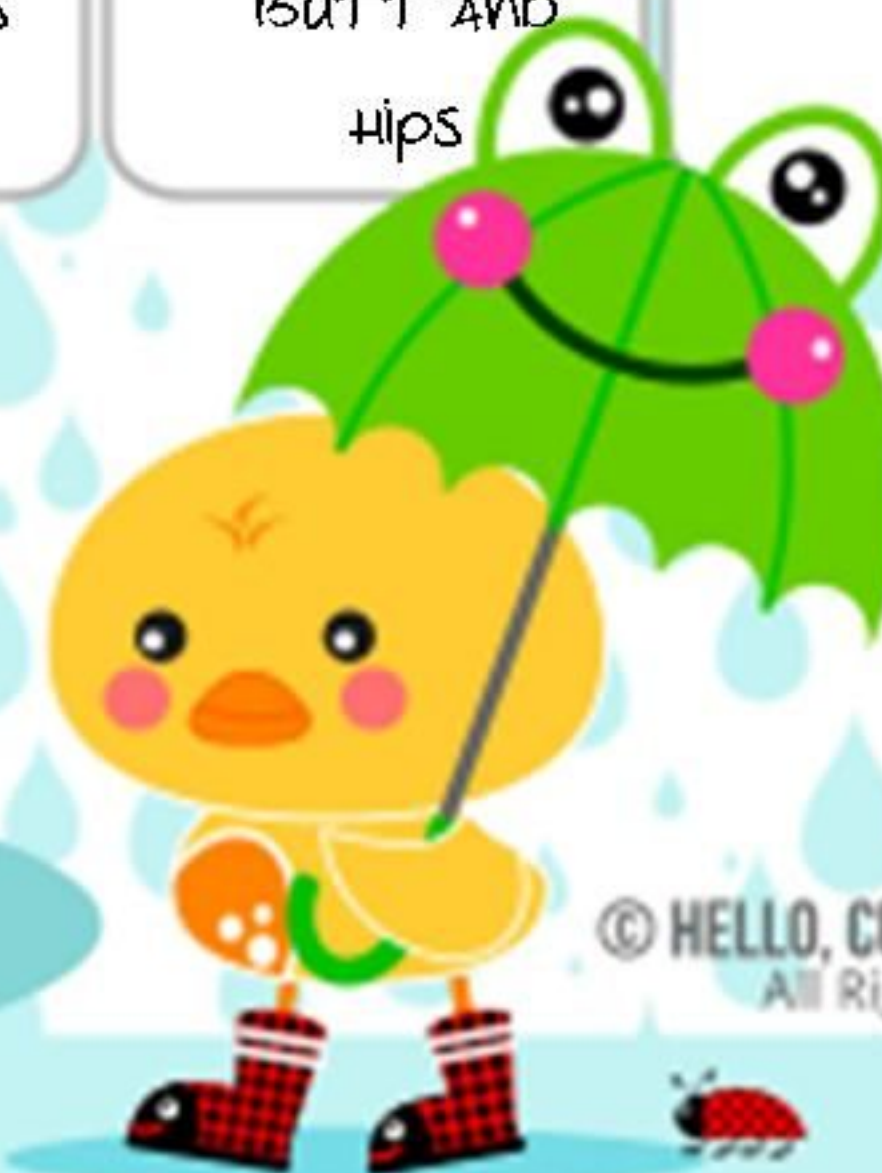
29

CHEST AND
BACK

30

FAST FAT
BURN

APRIL

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