LOGILATES

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. ☐ Gorgeous Legs ☐ Long, Lean & Lit Leg Day
2. ☐ 10 Perfect Morning Stretches to Increase Energy ☐ Stretching for Leg Flexibility	**3.** ☐ 8 Min At Home Cardio Workout ☐ Sleek Body Sculptor	**4.** ☐ Intense Ab Burn ☐ Abdominal Destruction 4TH OF JULY	**5.** ☐ BOOTY FOCUS ☐ Bombshell Bootification	**6.** ☐ 10 Min Anti-Bloating Cardio ☐ Spring Leaning Slimdown ☐ 10 Min Pilates Ab Workout ☐ 8 Min Bikini Body Workout	**7.** ☐ Ultimate Back Workout ☐ Meghan Markle's Arm, Butt & Ab Routine	**8.** ☐ Knee-Friendly Fat Burn Cardio Workout ☐ Peach Booty & Thigh Shaper