

JANUARY 2019

S	M	T	W	T	F	S
Strong Arms & Back	Beautiful Booty	Crazy Cardio	Sleek Obliques	Full Body Burn	Stretch and Strengthen	Long Legs
<p>Join the #100AbChallenge Jan 1 - 30! There will be a new workout video daily for you to follow along to on YouTube.com/Blogilates</p>		<p>1.</p> <ul style="list-style-type: none"> 100 HUNDREDS Revenge PIIT WO 5 Min Fat Attack Summer Sweatfest Super Fun Cardio Dance 	<p>2.</p> <ul style="list-style-type: none"> 100 CROSS CRUNCH KICKS Happily Ever After Abs The Mighty Middle Abs WO Challenge Best Ab Exercises Muffintop Crushing WO! 	<p>3.</p> <ul style="list-style-type: none"> 100 DOUBLE LEG LIFTS Total Body Pilates WO Total Body WO Challenge Spring Leaning Slimdown Playa del Plank 	<p>4.</p> <ul style="list-style-type: none"> 100 WIGGLES 5 Stretches to get you Feeling Flexible Fun Yoga Routine 5 Easy Meal Prep Recipes 	<p>5.</p> <ul style="list-style-type: none"> 100 CRUNCHES Sculpted Thighs & Tight Abs Quick Burn Inner Thigh WO! Perfect Legs WO Flat Abs & Toned Thighs
<p>6.</p> <ul style="list-style-type: none"> 100 CANDLESTICK DIPPER 7 Minutes to Fabulous Arms! 5 Ways to Toned Arms Sexy Toned Arms WO Exercises for Better Posture 	<p>7.</p> <ul style="list-style-type: none"> 100 TOE TOUCHES Pillow Workout Build a Booty WO INSANE Butt & Thighs WO Brutal Booty 	<p>8.</p> <ul style="list-style-type: none"> 100 ROLLUPS FAT BURNING Cardio! Fat Burning Dance WO Heart on Fire Fat Burning Cardio + Core 	<p>9.</p> <ul style="list-style-type: none"> 100 CRISS CROSSES Waist Trainer Exercises 5 Ways to Build Your Core Toughest Muffintop WO Ever! Belly Bloat Blaster WO 	<p>10.</p> <ul style="list-style-type: none"> 100 SIT UPS Spring Fling 1 Ultimate Fat Burn WO How to get Beyonce's Body Bikini Body WO! 	<p>11.</p> <ul style="list-style-type: none"> 100 RUSSIAN TWISTS Wake Up With Me WO Stretching for Leg Flexibility! Matcha Green Tea Crepe Cake 	<p>12.</p> <ul style="list-style-type: none"> 100 SCISSORS 6 Min to Sexy Thighs 7-Minute Hip Sculpting WO Toned Thighs WO Serious Standing Pilates
<p>13.</p> <ul style="list-style-type: none"> 100 BUTTERFLY SIT UPS Arm Fat Blaster Toned & Defined Arms WO! Back on Fire Sleek Tank Top Arms 	<p>14.</p> <ul style="list-style-type: none"> 100 HIP TWISTS Booty Focus 5 Underbutt Isolation Exercises Bridal Booty Lift Workout Bikini Butt WO! 	<p>15.</p> <ul style="list-style-type: none"> 100 STAR ABS Snowbunny Blast Apartment Friendly PITT28 Fun Indoor Cardio WO Fat Burning PIIT 	<p>16. CASSEY'S BIRTHDAY!</p> <ul style="list-style-type: none"> 100 EAGLE CRUNCHES Ab Sculpting WO Lower Belly Flattener Slim Waist WO 5 Min Ab Express WO 	<p>17.</p> <ul style="list-style-type: none"> 100 BOAT CRUNCHES Low Impact Total Body WO Total Body Tone Fest Gigi Hadid's No Equipment Travel Routine Crazy Abs, Butt, & Legs WO 	<p>18.</p> <ul style="list-style-type: none"> 100 SIDE PLANK ROTATIONS Relax with Me Stretch Routine Feel Good Soul Stretches Quick & Healthy Breakfast Ideas! 	<p>19.</p> <ul style="list-style-type: none"> 100 REVERSE CRUNCHES Sexy Sculpted Legs WO Bikini Thighs WO! Quick Burn Legs! Sculpt Long Legs
<p>20.</p> <ul style="list-style-type: none"> 100 SINGLE LEG DROPS Meghan Markle's Arm, Butt & Ab Routine Toned Arms & Sexy Shoulders WO Backless Bride Back Toning Workout 	<p>21. MARTIN LUTHER KING JR. DAY</p> <ul style="list-style-type: none"> 100 SPRINTERS Abs, Butt and Thighs Rainbow Butt Song Challenge! 5 Min Beautiful Booty 	<p>22.</p> <ul style="list-style-type: none"> 100 BUTT UPS FAT BURNING Cardio! Flat Belly Fat Burner Booty Poppin PIIT Silent Death Cardio 	<p>23.</p> <ul style="list-style-type: none"> 100 KNEELING SIDE SQUEEZES 5 Best Exercises to Flatten Your Lower Belly Ultimate 2016 Ab WO! Flat Abs WO 	<p>24.</p> <ul style="list-style-type: none"> 100 SIDE PLANK DIPPERS Slim 'n Sculpt! WHOA!!! Whole Body WO Official Prom Dress WO 	<p>25.</p> <ul style="list-style-type: none"> 100 CHA CHA ABS Stretches You Need After a Stressful Day 10 Perfect Morning Stretches to Increase Energy Peanut Miso Kelp Noodles 	<p>26.</p> <ul style="list-style-type: none"> 100 ROLLOVERS Thigh Exercises for Toned Legs! Legs Focus Butt Lifting & Thigh Sculpting WO TURBO Sleek & Slim Legs
<p>27.</p> <ul style="list-style-type: none"> 100 SHOULDER TAP PLANKS Arms Focus Complete Arms WO 5 Chest Isolation Exercises 5 Tricep Isolation Exercises 	<p>28.</p> <ul style="list-style-type: none"> 100 PILLOW PASSES Hips Butt 'n Thighs 5 Best Butt Exercises Butt Lift Challenge Grow Your Glutes WO 	<p>29.</p> <ul style="list-style-type: none"> 100 SIDE SEALS Cardio Dance + Ab WO Lean & Toned Arms PIIT Leg Slimming WO PIIT 8 Min At Home Cardio WO! 	<p>30.</p> <ul style="list-style-type: none"> 100 SINGLE LEGGED JACKKNIFES Goodbye Muffintop WO Insane Abs & Obliques WO Extreme Abs 3 Buh-Bye Muffintop WO 	<p>31.</p> <ul style="list-style-type: none"> *Special* Full Length 1 Hour POP Pilates Class! 		