

PHASE II: SUMMMER FIT

DAY 16
ABS
TUMMY
TIGHTEN

DAY 17
NO MORE
LOVE
HANDLES

DAY 18
HOT HOT
LEGS

DAY 19
LOWER BODY
TONE UP

DAY 20
SUPER
STRETCH

DAY 21
BOOTY LIFT
& TIGHTEN

DAY 22
FOLD
& STRETCH

DAY 23
LOWER BODY
BURN
**2 VIDEOS

DAY 24
NON YOGA
STRETCH &
TONE

DAY 25
WATCH FAT
CRY OFF

DAY 26
SUMMER
BELLY
TONE

DAY 27
ARM POWER
LEAN OUT

DAY 28
INNER
OUTER
THIGH
BURN

DAY 29
LEG SCULPT
BARRE
PILATES

DAY 30
BOOTY
LIFT &
TIGHTEN

