

# MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>This month, you'll be getting 2 new workouts a week! You'll be able to find the new video on <a href="https://www.youtube.com/Blogilates">YouTube.com/Blogilates</a> the night before you're supposed to do it!</b></p>					<p>1.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stretching Routine for Front Splits Flexibility</li> <li><input type="checkbox"/> Total Body Stretch</li> </ul>	<p>2.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 Minutes to Burn Fat - Low Impact Cardio Workout</li> <li><input type="checkbox"/> At Home Total Body Slimming Workout - Using Only a Couch!</li> <li><input type="checkbox"/> 12 Minutes to Toned Total Body</li> </ul>
<p>3.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apartment Friendly Warmup</li> <li><input type="checkbox"/> Silent Death Fat Melting Cardio</li> <li><input type="checkbox"/> Total Body Pilates WO</li> <li><input type="checkbox"/> Hips Butt 'n Thighs Super Shaper WO</li> <li><input type="checkbox"/> Butt Lift &amp; Slim Thighs Beach Series</li> </ul>	<p>4.</p> <p><b>NEW UPLOAD!</b> <b>Waist Whittler Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 5 Best Exercises to Flatten your Lower Belly</li> <li><input type="checkbox"/> 5 Minute Flat Abs!</li> <li><input type="checkbox"/> Lower Belly Flattener</li> </ul>	<p>5.</p> <p><b>Waist Whittler Cardio Pilates!</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extreme Abs Workout   25 Min At Home Upper Abs, Lower Abs, Obliques &amp; Total Core Pilates Routine</li> </ul>	<p>6.</p> <p><b>Waist Whittler Cardio Pilates!</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 Minute Waist Whittler</li> <li><input type="checkbox"/> 10 Minute Ab &amp; Oblique Sculpter</li> </ul>	<p>7.</p> <p><b>NEW UPLOAD!</b> <b>Beautiful Ab Sculpt!</b></p> <p><b>Waist Whittler Cardio Pilates!</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 Minute Lower Ab Flattener   Total Body Transformation Workout</li> </ul>	<p>8.</p> <p><b>Waist Whittler Cardio Pilates!</b></p> <p><b>Beautiful Ab Sculpt!</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 Minutes to Toned Abs Workout</li> </ul>	<p>9.</p> <p><b>Waist Whittler Cardio Pilates!</b></p> <p><b>Beautiful Ab Sculpt!</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 6 Min to a Sexy Little Waist!</li> <li><input type="checkbox"/> Perfect 10 Abs!</li> </ul>
<p>10.</p> <p><b>Waist Whittler Cardio Pilates!</b></p> <p><b>Beautiful Ab Sculpt!</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> EXTREME ABS Workout</li> </ul> <p>MOTHER'S DAY!</p>	<p>11.</p> <p><b>NEW UPLOAD!</b> <b>Booty Lift Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 6 Min to a Sexy Booty!</li> <li><input type="checkbox"/> Lower Abs &amp; Booty Blast   POP Pilates</li> </ul>	<p>12.</p> <p><b>Booty Lift Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 5 Best Butt Exercises to Sculpt a Cute Booty</li> <li><input type="checkbox"/> 5 Underbutt Isolation Exercises for Ultimate Booty Lift</li> </ul>	<p>13.</p> <p><b>Booty Lift Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 Minute Side Booty Shaper</li> <li><input type="checkbox"/> 12 Minutes to Toned Booty Workout</li> </ul>	<p>14.</p> <p><b>NEW UPLOAD!</b> <b>Beautiful Butt Plump</b></p> <p><b>Booty Lift Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bridal Booty Lift Workout</li> </ul>	<p>15.</p> <p><b>Booty Lift Cardio Pilates</b></p> <p><b>Beautiful Butt Plump</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> INSANE Butt Blaster Home Workout for a Lifted Booty</li> </ul>	<p>16.</p> <p><b>Booty Lift Cardio Pilates</b></p> <p><b>Beautiful Butt Plump</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lift Your Booty Workout   5 Moves to Your Fittest Butt</li> <li><input type="checkbox"/> BRUTAL BOOTY! At-Home Pilates Butt Workout!</li> </ul>
<p>17.</p> <p><b>Booty Lift Cardio Pilates</b></p> <p><b>Beautiful Butt Plump</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 Min Butt Lift Challenge</li> <li><input type="checkbox"/> 5 Minute Beautiful Booty</li> </ul>	<p>18.</p> <p><b>NEW UPLOAD!</b> <b>Lean Arms Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 6 Min to Sexy Arms!</li> <li><input type="checkbox"/> Arm Fat Blaster   POP Pilates for Beginners</li> </ul>	<p>19.</p> <p><b>Lean Arms Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick Burn Arms! Incredible Arm Toning Workout</li> <li><input type="checkbox"/> Toned Arms &amp; Sculpted Back</li> </ul>	<p>20.</p> <p><b>Lean Arms Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Toned Arms at Home Workout!</li> <li><input type="checkbox"/> 10 Minute Arm Toner</li> </ul>	<p>21.</p> <p><b>NEW UPLOAD!</b> <b>Beautiful Arm Sculpt</b></p> <p><b>Lean Arms Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 Minutes to Toned Arms Workout</li> </ul>	<p>22.</p> <p><b>Lean Arms Cardio Pilates</b></p> <p><b>Beautiful Arm Sculpt</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 7 Minutes to Fabulous Arms!</li> <li><input type="checkbox"/> 5 Tricep Isolation Exercises</li> </ul>	<p>23.</p> <p><b>Lean Arms Cardio Pilates</b></p> <p><b>Beautiful Arm Sculpt</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sexy Toned Arms Workout</li> <li><input type="checkbox"/> Complete Arms Workout</li> </ul>
<p>24.</p> <p><b>Lean Arms Cardio Pilates</b></p> <p><b>Beautiful Arm Sculpt</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 5 Minutes Toned Arms</li> <li><input type="checkbox"/> Toned &amp; Defined Arms</li> <li><input type="checkbox"/> Leg Slimming Cardio Pilates</li> <li><input type="checkbox"/> Beautiful Thigh Sculpt</li> </ul>	<p>25.</p> <p><b>NEW UPLOAD!</b> <b>Leg Slimming Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 6 Min to Sexy Thighs</li> <li><input type="checkbox"/> 5 Best THIGH SLIMMING Exercises</li> <li><input type="checkbox"/> Intense INNER THIGH Challenge!</li> </ul>	<p>26.</p> <p><b>Leg Slimming Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 5 Inner Thigh Isolations That'll Tone Your Legs Like Crazy</li> <li><input type="checkbox"/> Best Thigh Exercises for Toned Legs!</li> </ul>	<p>27.</p> <p><b>Leg Slimming Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 Minute Inner Thigh Slimmer</li> <li><input type="checkbox"/> 12 Minutes to Toned Thighs Workout</li> </ul>	<p>28.</p> <p><b>NEW UPLOAD!</b> <b>Beautiful Thigh Sculpt</b></p> <p><b>Leg Slimming Cardio Pilates</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 8 min bikini thighs workout! Swimsuit Slimdown Series</li> </ul>	<p>29.</p> <p><b>Leg Slimming Cardio Pilates</b></p> <p><b>Beautiful Thigh Sculpt</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick Burn INNER THIGH Workout!</li> <li><input type="checkbox"/> Plie Squat Challenge!</li> </ul>	<p>30.</p> <p><b>Leg Slimming Cardio Pilates</b></p> <p><b>Beautiful Thigh Sculpt</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Toned Thighs Workout</li> <li><input type="checkbox"/> 3 Minute Thighs</li> </ul>
<p>31.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Glutes &amp; Thighs Trimdown!</li> </ul>						