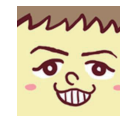


January Workout Calendar



| | | | | | | | |
|------|--|--|--|-------------|--------------------------|---------------------------|---------------------------|
| | | | | 1[WED] | 2[THU] | 3[FRI] | 4[SAT] |
| Menu | | | | Lose weight | Easy Effective Exercises | make a gap between highs! | Lift your Sagging breast! |

| | | | | | | | |
|------|---------------------|--------------------------------|--------------------|-------------------------------|--------------------------------|-------------------|----------------------------|
| | 5[SUN] | 6[MON] | 7[TUE] | 8[WED] | 9[THU] | 10[FRI] | 11[SAT] |
| Menu | Making shaped buttr | The BEST slender waist routine | Ashi-Paka routine! | makes your thigh 18cm thinner | The BEST inverted abs training | -2.5cm in 2weeks! | 10 Chair Stretches You Can |

| | | | | | | | |
|------|-------------------------------------|----------------------------|---------------|-------------|---------------------|------------------|-----------------------|
| | 12[SUN] | 13[MON] | 14[TUE] | 15[WED] | 16[THU] | 17[FRI] | 18[SAT] |
| Menu | Easy Routine to Reduce Leg Swelling | Exercises to Get LEAN LEGS | Make Six Pack | LEG WORKOUT | Weight-13kg Fat-16% | Best Abs workout | 69kg→49kg in one year |

| | | | | | | | |
|------|---------------------|-------------------------|-----------------------|----------------------------|-------------------------------|--------------------------------------|---------------------------|
| | 19[SUN] | 20[MON] | 21[TUE] | 22[WED] | 23[THU] | 24[FRI] | 25[SAT] |
| Menu | THIGH THINNER -15cm | Fastest stomach -10cm!! | Extreme Reverse Plank | Plank and Wide squat combo | Lose Belly Fat Squats Workout | Easy stretching in sitting position! | Easy! Easy but effective! |

| | | | | | | | |
|------|----------------------|-------------------------|-------------------------|------------------------------|-----------------|---------------------|--|
| | 26[SUN] | 27[MON] | 28[TUE] | 29[WED] | 30[THU] | 31[FRI] | |
| Menu | Saddle Bag Workouts! | Pelvic tightening diet! | 1 min lower abs workout | Lose 1kg by Boxing Exercise! | Ashi-Paka diet! | Falling sweat half! | |