

30 DAY HEALTH CHALLENGE

WEEK 1 (jan.22 - 28)

DAY 1

REGULAR | Classical Stretch Season 12 Episode 17: Full Body Toning (all standing)

BEGINNER | Classical Stretch Season 12 Episode 1: Full Body & Plantar Fasciitis (all standing)

DAY 2

REGULAR | Classical Stretch Season 9 Episode 19: Full Body Toning (standing & barre)

BEGINNER | Age Reversing Workouts: Pain Relief (standing & barre)

DAY 3

REGULAR | Full Body Toning (standing, floor & barre)

BEGINNER | Age Reversing Workouts: Mobility (standing & floor)

DAY 4

BOTH GROUPS | Essentrics Stretch Series: Joint Pain Relief (standing & barre)

Day 5

REGULAR | Classical Stretch Season 12 Episode 29: Body Shaping (all standing)

BEGINNER | Classical Stretch Season 11 Episode 23: Shoulder Pain (all standing)

Day 6

REGULAR | ETV Exclusive: Core & Abs (standing & floor)

BEGINNER | Toning for Beginners: Full Body Toning (standing & barre)

Day 7

REGULAR | Barre Workout: All workouts (standing, floor toning, floor stretch, barre tone & barre stretch)

BEGINNER | Classical Stretch Season 11 Episode 2: Posture (standing & barre)

WEEK 2 (jan.29 - feb.4)

Day 8

BOTH GROUPS | Essentrics Stretch Series: Tension Release (standing & barre)

Day 9

REGULAR | Body Sculpting Series Vol.2: Ultimate Inner-Thigh Workout (standing & floor)

BEGINNER | Classical Stretch Season 11 Episode 8: Back Pain Relief (all standing)

Day 10

REGULAR | Classical Stretch Season 12 Episode 28 Full Leg Toning (standing & floor)

BEGINNER | Age Reversing Workouts: Mobility (standing & floor)

Day 11

REGULAR | Classical Stretch Season 10 Episode 1 Waist Slenderizing (all standing)

BEGINNER | Classical Stretch Season 12 Episode 14 Spine Strengthening (all standing)

Day 12

BOTH GROUPS | Classical Stretch Season 11 Episode 19 feet & Calf Workout (standing & barre)

Day 13

REGULAR | Full Body Workout Vol.3 (standing & floor)

BEGINNER | Classical Stretch Season 11 Episode 11: Spine Strengthening (standing & floor)

Day 14

REGULAR | Classical Stretch Season 12 Episode 8: Long adductor (standing & barre)

BEGINNER | Classical Stretch Season 12 | Episode 20: Balance & Feet (standing & barre)

WEEK 3 (feb.5 - 11)

Day 15

REGULAR | Body Sculpting Series: Ultimate Leg Sculptor (standing & floor)

BEGINNER | Toning for Beginners: Full Body Toning & Floor Work (standing & floor)

Day 16

BOTH GROUPS | Classical Stretch Season 11 Episode 25: Spine Strengthening & Pain relief (standing & barre)

Day 17

REGULAR | Classical Stretch Season 12 Episode 25: Improve Your Balance (all standing)

BEGINNER | Toning for Beginners: Full Body Toning & Barre Work (standing & barre)

Day 18

REGULAR | Body Sculpting Series Vol.2: Full Body Strengthening Workout (standing & floor)

BEGINNER | Classical Stretch Season 12 Episode 4: Weight Loss and Calorie Burn (all standing)

Day 19

REGULAR | Essentrics Stretch Series Vol.1: Full Body Deep Stretch (standing & floor)

BEGINNER | Classical Stretch Season 12 Episode 9: Back Pain Relief (standing & floor)

Day 20

BOTH GROUPS | Classical Stretch Season 11 Episode 9: Hip & Leg Flexibility (standing & barre)

Day 21

REGULAR | Classical Stretch Season 11 Episode 18: Energy Boost (standing & barre)

BEGINNER | Toning for Beginners: Full Body Toning & Floor work Sahra (standing & floor)

WEEK 4 (feb.12 - 18)

Day 22

REGULAR | Body Sculpting Series: Arm Blast and Posture Boost (standing & barre)

BEGINNER | Classical Stretch Season 12 Episode 12: Hamstring Flexibility (standing & barre)

Day 23

REGULAR | ETV Exclusive: Core & Abs + Arm Toning (standing & floor)

BEGINNER | Classical Stretch Season 12 Episode 2: Hip Pain Relief and Stretch (standing & barre)

Day 24

BOTH GROUPS | Essentrics Stretch Series: Joint Pain-relief (standing & barre)

Day 25

REGULAR | Strength & Stretch in Motion: Core and Legs (standing and floor)

BEGINNER | Ultimate Stretch Workouts: Muscle release (standing and floor)

Day 26

REGULAR | Body Sculpting Series Vol.2: Total Core, Leg & Butt Workout (standing and floor)

BEGINNER | Classical Stretch Season 11 Episode 30: Increase Balance (all standing)

Day 27

REGULAR | Classical Stretch Season 12 Episode 26: Stomach Flattening (standing and floor)

BEGINNER | Ultimate Stretch Workouts: Muscle Activation (standing and barre)

Day 28

BOTH GROUPS | Classical Stretch Season 12 Episode 16: Relieve Neck Pain (standing and floor)

WEEK 5 (feb.19 - 20)

Day 29

REGULAR | Classical Stretch Season 9 Episode 9: Posture Workout (all standing)

BEGINNER | Classical Stretch Season 9 Episode 8: Quads and Hips (floor)

Day 30 yay!

REGULAR | Class of 2012 (standing, floor & barre)

BEGINNER | Classical Stretch Season 11 Episode 28: Weight Loss (all standing)