Release & Rebuild your Fascia

Aging Backwards: Connective Tissue Workouts

with Miranda Esmonde-White

S (1) 31min











STANDING

FLOOR

BARRE

DVDs used

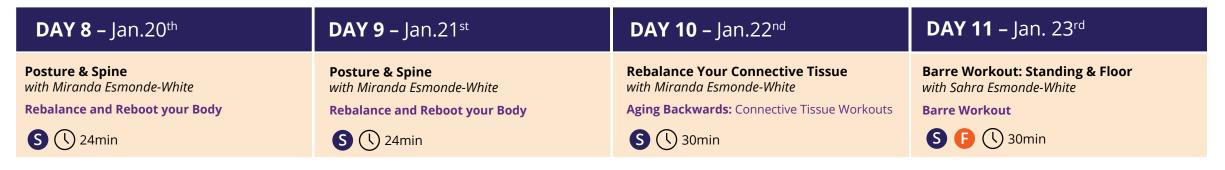
DAY 4 – Jan.16th **DAY 1-** Jan.13th **DAY 2** – Jan.14th **DAY 3** – Jan.15th **Rebalance Your Connective Tissue Rebalance Your Connective Tissue Rebalance Your Connective Tissue** Release & Rebuild your Fascia with Miranda Esmonde-White with Miranda Esmonde-White with Miranda Esmonde-White with Miranda Esmonde-White **Aging Backwards:** Connective Tissue Workouts **S** (\) 30min **S** (\) 30min **S** (1) 30min **S** (1) 31 min **DAY 5** – Jan.17th **DAY 6** – Jan.18th **DAY 7** – Jan.19th

Full Body Stretching

S (1) 22min

with Miranda Esmonde-White

Rebalance and Reboot your Body





Full Body Stretching

with Miranda Esmonde-White

Rebalance and Reboot your Body

(\) 22min



Hip & Knee Strengthening

with Miranda Esmonde-White

S B (\) 21min

Rebalance and Reboot your Body











STANDING

FLOOR

BARRE

DVDs used

DAY 15 – Jan.27 th	DAY 16 – Jan.28 th	DAY 17 – Jan.29 th	DAY 18 – Jan.30 th
Rebalance Your Connective Tissue with Miranda Esmonde-White	Full Body Strengthening with Amanda Cyr	Total Core, Leg & Butt Workout with Meg Feeney	Calorie Burning & Lower Body Sculpting with Gail Garceau
Aging Backwards: Connective Tissue Workouts	Body Sculpting Series Vol.2	Body Sculpting Series Vol.2	Body Sculpting Series Vol.2
S () 30min	S F () 35min	S F U 31min	S F () 31min
DAY 19 – Jan.31 st	DAY 20 – Feb.1 st	DAY 21 – Feb.2 nd	

Barre Workout: Standing & Barre

with Sahra Esmonde-White

Barre Workout

S B (\) 45min

Rebalance Your Connective Tissue

Aging Backwards: Connective Tissue Workouts

with Miranda Esmonde-White

S () 30min

DAY 22 – Feb.3 rd	DAY 23 – Feb.4 th	DAY 24 – Feb.5 th	DAY 25 – Feb.6 th
Rebalance Your Connective Tissue with Miranda Esmonde-White	Full Body Stretching with Miranda Esmonde-White	Full Body Stretching with Miranda Esmonde-White	Release & Rebuild your Fascia with Miranda Esmonde-White
Aging Backwards: Connective Tissue Workouts	Rebalance and Reboot your Body	Rebalance and Reboot your Body	Aging Backwards: Connective Tissue Workouts
S () 30min	S F () 22min	S F (\) 22min	S () 31min



