



# NEW YEAR HEALTH CHALLENGE

Follow along with Streaming or DVDs



STANDING



FLOOR



BARRE



DVDs used

WEEK 1

DAY 1 – Jan.13 <sup>th</sup>	DAY 2 – Jan.14 <sup>th</sup>	DAY 3 – Jan.15 <sup>th</sup>	DAY 4 – Jan.16 <sup>th</sup>
<b>Rebalance Your Connective Tissue</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts 30min	<b>Rebalance Your Connective Tissue</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts 30min	<b>Rebalance Your Connective Tissue</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts 30min	<b>Release &amp; Rebuild your Fascia</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts 31min
DAY 5 – Jan.17 <sup>th</sup>	DAY 6 – Jan.18 <sup>th</sup>	DAY 7 – Jan.19 <sup>th</sup>	
<b>Release &amp; Rebuild your Fascia</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts 31min	<b>Full Body Stretching</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> 22min	<b>Full Body Stretching</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> 22min	

WEEK 2

DAY 8 – Jan.20 <sup>th</sup>	DAY 9 – Jan.21 <sup>st</sup>	DAY 10 – Jan.22 <sup>nd</sup>	DAY 11 – Jan. 23 <sup>rd</sup>
<b>Posture &amp; Spine</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> 24min	<b>Posture &amp; Spine</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> 24min	<b>Rebalance Your Connective Tissue</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts 30min	<b>Barre Workout: Standing &amp; Floor</b> <i>with Sahra Esmonde-White</i> <b>Barre Workout</b> 30min
DAY 12 – Jan.24 <sup>th</sup>	DAY 13 – Jan.25 <sup>th</sup>	DAY 14 – Jan.26 <sup>th</sup>	
<b>Release &amp; Rebuild your Fascia</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts 31min	<b>Hip &amp; Knee Strengthening</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> 21min	<b>Posture &amp; Spine</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> 24min	

# NEW YEAR HEALTH CHALLENGE

30 DAY

Follow along with Streaming or DVDs

S STANDING   
 F FLOOR   
 B BARRE   
 ■ DVDs used

WEEK 3

DAY 15 – Jan.27 <sup>th</sup>	DAY 16 – Jan.28 <sup>th</sup>	DAY 17 – Jan.29 <sup>th</sup>	DAY 18 – Jan.30 <sup>th</sup>
<b>Rebalance Your Connective Tissue</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts <span>S</span> ⌚ 30min	<b>Full Body Strengthening</b> <i>with Amanda Cyr</i> <b>Body Sculpting Series Vol.2</b> <span>S</span> <span>F</span> ⌚ 35min	<b>Total Core, Leg &amp; Butt Workout</b> <i>with Meg Feeney</i> <b>Body Sculpting Series Vol.2</b> <span>S</span> <span>F</span> ⌚ 31min	<b>Calorie Burning &amp; Lower Body Sculpting</b> <i>with Gail Garceau</i> <b>Body Sculpting Series Vol.2</b> <span>S</span> <span>F</span> ⌚ 31min
DAY 19 – Jan.31 <sup>st</sup>	DAY 20 – Feb.1 <sup>st</sup>	DAY 21 – Feb.2 <sup>nd</sup>	
<b>Hip &amp; Knee Strengthening</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> <span>S</span> <span>B</span> ⌚ 21min	<b>Rebalance Your Connective Tissue</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts <span>S</span> ⌚ 30min	<b>Barre Workout: Standing &amp; Barre</b> <i>with Sahra Esmonde-White</i> <b>Barre Workout</b> <span>S</span> <span>B</span> ⌚ 45min	

WEEK 4

DAY 22 – Feb.3 <sup>rd</sup>	DAY 23 – Feb.4 <sup>th</sup>	DAY 24 – Feb.5 <sup>th</sup>	DAY 25 – Feb.6 <sup>th</sup>	
<b>Rebalance Your Connective Tissue</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts <span>S</span> ⌚ 30min	<b>Full Body Stretching</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> <span>S</span> <span>F</span> ⌚ 22min	<b>Full Body Stretching</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> <span>S</span> <span>F</span> ⌚ 22min	<b>Release &amp; Rebuild your Fascia</b> <i>with Miranda Esmonde-White</i> <b>Aging Backwards:</b> Connective Tissue Workouts <span>S</span> ⌚ 31min	
DAY 26 – Feb.7 <sup>th</sup>	DAY 27 – Feb.8 <sup>th</sup>	DAY 28 – Feb.9 <sup>th</sup>	DAY 29 – Feb.10 <sup>th</sup>	DAY 30 – Feb.11 <sup>th</sup>
<b>Posture &amp; Spine</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> <span>S</span> ⌚ 24min	<b>Full Body Strengthening</b> <i>with Amanda Cyr</i> <b>Body Sculpting Series Vol.2</b> <span>S</span> <span>F</span> ⌚ 35min	<b>Total Core, Leg &amp; Butt Workout</b> <i>with Meg Feeney</i> <b>Body Sculpting Series Vol.2</b> <span>S</span> <span>F</span> ⌚ 31min	<b>Calorie Burning &amp; Lower Body Sculpting</b> <i>with Gail Garceau</i> <b>Body Sculpting Series Vol.2</b> <span>S</span> <span>F</span> ⌚ 31min	<b>Full Body Stretching</b> <i>with Miranda Esmonde-White</i> <b>Rebalance and Reboot your Body</b> <span>S</span> <span>F</span> ⌚ 22min