

70+

21-DAY CHALLENGE



S STANDING
 F FLOOR
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Monday Jan. 11 th	Tuesday Jan. 12 th	Wednesday Jan. 13 th	Thursday Jan. 14 th	Friday Jan. 15 th	Saturday Jan. 16 th	Sunday Jan. 17 th
LIVE CLASS 10:15AM EST with Miranda Esmonde-White ⌚ 30min	NEW 70s Workout Range of Motion with Miranda Esmonde-White S F ⌚ 30min	Rebalance Your Connective Tissue with Miranda Esmonde-White S ⌚ 30min	Bone Strengthening with Miranda Esmonde-White S B ⌚ 30min	Relieve: Shoulder Pain & Tension with Miranda Esmonde-White S ⌚ 15min	Full Body Toning & Barre with Sahra Esmonde-White S B ⌚ 30min	Mobility with Miranda Esmonde-White S F ⌚ 30min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Monday Jan. 18 th	Tuesday Jan. 19 th	Wednesday Jan. 20 th	Thursday Jan. 21 st	Friday Jan. 22 nd	Saturday Jan. 23 rd	Sunday Jan. 24 th
LIVE CLASS 10:15AM EST with Miranda Esmonde-White ⌚ 30min	NEW 70s Workout Range of Motion with Miranda Esmonde-White S F ⌚ 30min	Full Body Workout Vol.3 Standing Portion with Miranda Esmonde-White S ⌚ 23min	Stretch: Hips & Hamstrings with Sahra Esmonde-White S B ⌚ 25min	Season 9 Ep.24: Weight Loss: Full Body Workout with Miranda Esmonde-White S ⌚ 23min	Pain Relief with Miranda Esmonde-White S B ⌚ 30min	Season 11 Ep.02: Posture Workout with Miranda Esmonde-White S B ⌚ 23min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Monday Jan. 25 th	Tuesday Jan. 26 th	Wednesday Jan. 27 th	Thursday Jan. 28 th	Friday Jan. 29 th	Saturday Jan. 30 th	Sunday Jan. 31 st
LIVE CLASS 10:15AM EST with Miranda Esmonde-White ⌚ 30min	NEW 70s Workout Range of Motion with Miranda Esmonde-White S F ⌚ 30min	Tension Release with Meg Feeney S B ⌚ 30min	Season 12 Ep.14: Spine Strength with Miranda Esmonde-White S ⌚ 23min	Season 11 Ep.20: Quad Lengthening & Strengthening with Miranda Esmonde-White S F ⌚ 23min	Release & Rebuild your Fascia with Miranda Esmonde-White S B ⌚ 30min	Season 10 Ep.30: Stress Release with Miranda Esmonde-White S ⌚ 23min