

40s

21-DAY CHALLENGE



S STANDING
 F FLOOR
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
NEW 40s Workout Toning & Cellular Vitality with Sahra Esmonde-White S F B ⌚ 50min	LIVE CLASS RECORDING with Sahra Esmonde-White ⌚ 30min	Waist & Arm Lengthening with Amanda Cyr S B ⌚ 34min	Full Body Toning & Energizing Workout with Sasha Alcoloumbre S F B ⌚ 60min	Ab Flattening & Waist Shaping with Sahra Esmonde-White S F ⌚ 30min	Season 12 Ep.17: Full Body Toning with Miranda Esmonde-White S ⌚ 23min	Joint Pain Relief with Gail Garceau S B ⌚ 30min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
NEW 40s Workout Toning & Cellular Vitality with Sahra Esmonde-White S F B ⌚ 50min	LIVE CLASS RECORDING with Sahra Esmonde-White ⌚ 30min	Body Reshaping & Posture with Amanda Cyr S B ⌚ 35min	Full Body Workout Vol.3 with Miranda Esmonde-White S F B ⌚ 60min	Full Body Deep Stretch with Amanda Cyr S F ⌚ 30min	Strength: Full Body Workout with Sahra Esmonde-White S ⌚ 25min	Relaxation Workout with Alexa Leon S F ⌚ 30min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
NEW 40s Workout Toning & Cellular Vitality with Sahra Esmonde-White S F B ⌚ 50min	LIVE CLASS RECORDING with Sahra Esmonde-White ⌚ 30min	Season 13 Ep.18: Tone Your Legs with Miranda Esmonde-White S B ⌚ 23min	Full Body workout with Jenny Bertrand S ⌚ 30min	Ultimate Leg Sculptor with Sahra Esmonde-White S F ⌚ 30min	Tension Release with Meg Feeney S B ⌚ 30min	Season 12 Ep.28: Full Leg Toning with Miranda Esmonde-White S F ⌚ 23min