

70+

21-DAY CHALLENGE



S STANDING
 F FLOOR
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>LIVE CLASS RECORDING</p> <p>with Miranda Esmonde-White</p> <p>🕒 30min</p>	<p>NEW 70s Workout Range of Motion</p> <p>with Miranda Esmonde-White</p> <p>S F 🕒 30min</p>	<p>Rebalance Your Connective Tissue</p> <p>with Miranda Esmonde-White</p> <p>S 🕒 30min</p>	<p>Bone Strengthening</p> <p>with Miranda Esmonde-White</p> <p>S B 🕒 30min</p>	<p>Relieve: Shoulder Pain & Tension</p> <p>with Miranda Esmonde-White</p> <p>S 🕒 15min</p>	<p>Full Body Toning & Barre</p> <p>with Sahra Esmonde-White</p> <p>S B 🕒 30min</p>	<p>Mobility</p> <p>with Miranda Esmonde-White</p> <p>S F 🕒 30min</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>LIVE CLASS RECORDING</p> <p>with Miranda Esmonde-White</p> <p>🕒 30min</p>	<p>NEW 70s Workout Range of Motion</p> <p>with Miranda Esmonde-White</p> <p>S F 🕒 30min</p>	<p>Full Body Workout Vol.3 Standing Portion</p> <p>with Miranda Esmonde-White</p> <p>S 🕒 23min</p>	<p>Stretch: Hips & Hamstrings</p> <p>with Sahra Esmonde-White</p> <p>S B 🕒 25min</p>	<p>Season 9 Ep.24: Weight Loss: Full Body Workout</p> <p>with Miranda Esmonde-White</p> <p>S 🕒 23min</p>	<p>Pain Relief</p> <p>with Miranda Esmonde-White</p> <p>S B 🕒 30min</p>	<p>Season 11 Ep.02: Posture Workout</p> <p>with Miranda Esmonde-White</p> <p>S B 🕒 23min</p>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>LIVE CLASS RECORDING</p> <p>with Miranda Esmonde-White</p> <p>🕒 30min</p>	<p>NEW 70s Workout Range of Motion</p> <p>with Miranda Esmonde-White</p> <p>S F 🕒 30min</p>	<p>Tension Release</p> <p>with Meg Feeney</p> <p>S B 🕒 30min</p>	<p>Season 12 Ep.14: Spine Strength</p> <p>with Miranda Esmonde-White</p> <p>S 🕒 23min</p>	<p>Season 11 Ep.20: Quad Lengthening & Strengthening</p> <p>with Miranda Esmonde-White</p> <p>S F 🕒 23min</p>	<p>Release & Rebuild your Fascia</p> <p>with Miranda Esmonde-White</p> <p>S B 🕒 30min</p>	<p>Season 10 Ep.30: Stress Release</p> <p>with Miranda Esmonde-White</p> <p>S 🕒 23min</p>