# Flexibility & Mobility Challenge



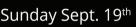
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	
Monday Sept. 13 <sup>th</sup>	Tuesday Sept. 14 <sup>th</sup>	Wednesday Sept. 15 <sup>th</sup>	Thursday Sept. 16 <sup>th</sup>	Friday Sept. 17 <sup>th</sup>	Saturday Sept. 18 <sup>th</sup>	Sı
LIVE CLASS 9:30AM EDT with Jenny Bertrand	Season 13 Ep.15: Full Body Connective Tissue	Season 13 Ep.01: Stretch & Strengthen The Calves	Season 14: Hamstring Stretch with Miranda Esmonde-White	Muscle Release Workout with Sahra Esmonde-White	Unlock: Feet, Ankles & Calves with Miranda Esmonde-White	Se Ba with
() 30min	with Miranda Esmonde-White	with Miranda Esmonde-White	<b>SB</b> ()23min	<b>S F B (</b> )30min	<b>S</b> (15min	viici

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	
Monday Sept. 20 <sup>th</sup>	Tuesday Sept. 21 <sup>st</sup>	Wednesday Sept. 22 <sup>nd</sup>	Thursday Sept. 23 <sup>rd</sup>	Friday Sept. 24 <sup>th</sup>	Saturday Sept. 25 <sup>th</sup>	Sur
LIVE CLASS 9:30AM EDT with Jenny Bertrand	PM Workout with Meg Feeney	Hip & Hamstring Stretch with Gail Garceau	Season 12 Ep.22: Hip & Glute Flexibility with Miranda Esmonde-White	Relieve: Shoulder Pain & Tension with Miranda Esmonde-White S () 15min	Joint Pain Relief with Gail Garceau	Stre U with

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	
Monday Sept. 27 <sup>th</sup>	Tuesday Sept. 28 <sup>th</sup>	Wednesday Sept. 29 <sup>th</sup>	Thursday Sept. 30 <sup>th</sup>	Friday Oct. 1 <sup>st</sup>	Saturday Oct. 2 <sup>nd</sup>	S
LIVE CLASS 9:30AM EDT	Stretch: Psoas, IT & Hips	Full Body Pain Relief	Full Body Deep Stretch	Improve: Posture	Increase your Range of Motion	
with Amanda Cyr	with Miranda Esmonde-White	with Sahra Esmonde-White	with Amanda Cyr	with Miranda Esmonde-White	with Miranda Esmonde-White	wit
C 30min	<b>SB (</b> 15min	<b>SB (</b> )30min	<b>S</b> 🕞 🕔 30min	<b>S</b> () 15min	<b>S (</b> ) 35min	(



DAY 7



#### Season 12 Ep.09: Back Pain Relief

vith Miranda Esmonde-White



## **DAY 14**

unday Sept. 26<sup>th</sup>



## DAY 21

Sunday Oct. 3<sup>rd</sup>

### Stretch: Hips & Hamstrings

with Sahra Esmonde-White

