

Your 20s

21-Day Challenge

S STANDING
 F FLOOR
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
INTRO to the 20s Full Body Toning with Gail Garceau S F ⌚ 30min	Toning & Tension Release with Maude Desjardins S F ⌚ 30min	((📺)) LIVE CLASS 7:45AM EST ⌚ 30min	Season 14 Ep.5: Leg Toning with Miranda Esmonde-White S F ⌚ 23min	Full Body Toning & Energizing Workout with Sasha Alcoloumbre S F B ⌚ 60min	Relaxation Workout with Alexa Leon S F ⌚ 30min	Waist & Arm Lengthening with Amanda Cyr S B ⌚ 34min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Toning & Tension Release with Maude Desjardins S F ⌚ 30min	Body Reshaping & Posture with Amanda Cyr S B ⌚ 35min	((📺)) LIVE CLASS 7:45AM EST ⌚ 30min	Cardio Blast with Sasha Alcoloumbre S F ⌚ 45min	Barre Workout with Sahra Esmonde-White S F B ⌚ 60min	Full Body Toning with Alexa Leon S F ⌚ 30min	Spine Flexibility with Miranda Esmonde-White S F ⌚ 23min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Toning & Tension Release with Maude Desjardins S F ⌚ 30min	Leg Activation with Amanda Cyr S F ⌚ 35min	((📺)) LIVE CLASS 7:45AM EST ⌚ 30min	Leg & Butt Sculpting with Meg Feeney S F B ⌚ 48min	Strength: Core & Legs with Sahra Esmonde-White S F ⌚ 25min	Toning & Sculpting with Alexa Leon S ⌚ 30min	Barre Tone & Release with Gail Garceau S F B ⌚ 45min