

Your 40s

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 40s Toning & Cellular Vitality with Sahra Esmonde-White S F B ⌚ 50min	((⦿)) LIVE CLASS 8:30AM EST ⌚ 30min	Toning & Sculpting with Alexa Leon S ⌚ 30min	Toning & Cellular Vitality with Sahra Esmonde-White S F ⌚ 36min	Season 14 Ep.15: Zero Impact Cardio with Miranda Esmonde-White S ⌚ 23min	Total Body Tone with Gail Garceau S F ⌚ 40min	Body Reshaping & Posture with Amanda Cyr S B ⌚ 35min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Class of 2012 with Sahra Esmonde-White S F B ⌚ 60min	((⦿)) LIVE CLASS 8:30AM EST ⌚ 30min	Core & Abs with Meg Feeney S F ⌚ 35min	Toning & Cellular Vitality with Sahra Esmonde-White S F ⌚ 30min	Waist Toning with Gail Garceau S ⌚ 30min	Season 14 Ep.9: Spine Strengthening with Miranda Esmonde-White S F ⌚ 23min	Stretch: Hips & Hamstrings with Sahra Esmonde-White S B ⌚ 25min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Full Body Workout Vol.3 with Miranda Esmonde-White S F B ⌚ 60min	((⦿)) LIVE CLASS 8:30AM EST ⌚ 30min	Core Stability with Amanda Cyr S F ⌚ 34min	((⦿)) LIVE CLASS 9:30AM EST ⌚ 30min	Cardio Blast with Sasha Alcoloumbre S F ⌚ 45min	Leg & Butt Sculpting with Meg Feeney S F B ⌚ 45min	Season 10 Ep.30: Stress Release with Miranda Esmonde-White S ⌚ 23min