

Your 70s +

21-Day Challenge

S STANDING
 F FLOOR
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
((📺)) LIVE CLASS 9:30AM EST ⌚ 30min	INTRO to the 70s Range of Motion with Miranda Esmonde-White S F ⌚ 30min	Release & Rebuild your Fascia with Miranda Esmonde-White S B ⌚ 30min	Range of Motion with Miranda Esmonde-White S B ⌚ 34min	((📺)) LIVE WORKSHOP 9:30AM EST ⌚ 30min	Full Body Toning & Barre with Sahra Esmonde-White S B ⌚ 30min	Mobility with Miranda Esmonde-White S F ⌚ 30min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Season 12 Ep.02: Hip Pain Relief & Stretch with Miranda Esmonde-White S B ⌚ 23min	Joint Pain Relief with Gail Garceau S B ⌚ 30min	Season 14 Ep. 01: Full Body Alignment with Miranda Esmonde-White S ⌚ 23min	Range of Motion with Miranda Esmonde-White S B ⌚ 35min	((📺)) LIVE CLASS 9:30AM EST ⌚ 30min	Season 13 Ep.07: Strengthen the Feet & Legs with Miranda Esmonde-White S ⌚ 23min	Muscle Activation Workout with Sahra Esmonde-White S F B ⌚ 30min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Unlock: Feet, Ankles & Calves with Miranda Esmonde-White S ⌚ 15min	Season 11 Ep.23: Shoulder Pain with Miranda Esmonde-White S ⌚ 23min	Range of Motion with Miranda Esmonde-White S B ⌚ 34min	Season 14 Ep. 12: Spine Flexibility with Miranda Esmonde-White S F ⌚ 23min	((📺)) LIVE CLASS 9:30AM EST ⌚ 30min	Season 10 Ep.09: Stress Release with Miranda Esmonde-White F ⌚ 23min	Season 13 Ep.15: Full Body Connective Tissue with Miranda Esmonde-White S ⌚ 23min