

Your 30s

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 30s Total Body Strength & Flexibility with Meg Feeney S F ⌚ 60min	30's Live Class Recording with Lauren Frinkelstein S ⌚ 30min	Total Body Tone with Gail Garceau S F ⌚ 40min	30's Live Class Recording with Sahra Esmonde-White S B ⌚ 30min	Season 14 Ep.5: Leg Toning with Miranda Esmonde-White S ⌚ 23min	Cardio Blast with Sasha Alcoloumbre S F ⌚ 45min	Full Body Deep Stretch with Amanda Cyr S F ⌚ 35min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Strength & Flexibility with Amanda Cyr S ⌚ 35min	30's Live Class Recording with Lauren Frinkelstein S F ⌚ 30min	Arm Blast & Posture Boost with Sahra Esmonde-White S B ⌚ 30min	Arm & Ab Sculpting with Meg Feeney S F ⌚ 35min	Toning & Sculpting with Alexa Leon S ⌚ 30min	Muscle Activation Workout with Sahra Esmonde-White S F B ⌚ 30min	Season 14 Ep.11: Glute & Hip Stretch with Miranda Esmonde-White S B ⌚ 23min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Waist Toning with Gail Garceau S ⌚ 30min	30's Live Class Recording with Lauren Frinkelstein S B ⌚ 30min	Full Body Strengthening with Amanda Cyr S F ⌚ 35min	Barre Workout with Sahra Esmonde-White S F B ⌚ 60min	Strength & Flexibility with Amanda Cyr S F 35min	Full Body Toning with Sahra Esmonde-White S F ⌚ 60min	Muscle Release Workout with Sahra Esmonde-White S F ⌚ 30min