

# 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
<b>INTRO to the 40s Toning &amp; Cellular Vitality</b> with Sahra Esmonde-White <span>S F B</span> ⌚ 50min	<b>40's Live Class Recording</b> with Sahra Esmonde-White <span>S F</span> ⌚ 50min	<b>Toning &amp; Sculpting</b> with Alexa Leon <span>S</span> ⌚ 30min	<b>Toning &amp; Cellular Vitality</b> with Sahra Esmonde-White <span>S F</span> ⌚ 36min	<b>Season 14 Ep.15: Zero Impact Cardio</b> with Miranda Esmonde-White <span>S</span> ⌚ 23min	<b>Total Body Tone</b> with Gail Garceau <span>S F</span> ⌚ 40min	<b>Body Reshaping &amp; Posture</b> with Amanda Cyr <span>S B</span> ⌚ 35min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Class of 2012</b> with Sahra Esmonde-White <span>S F B</span> ⌚ 60min	<b>40's Live Class Recording</b> with Sahra Esmonde-White <span>S F</span> ⌚ 50min	<b>Core &amp; Abs</b> with Meg Feeney <span>S F</span> ⌚ 35min	<b>Toning &amp; Cellular Vitality</b> with Sahra Esmonde-White <span>S F</span> ⌚ 30min	<b>Waist Toning</b> with Gail Garceau <span>S</span> ⌚ 30min	<b>Season 14 Ep.9: Spine Strengthening</b> with Miranda Esmonde-White <span>S F</span> ⌚ 23min	<b>Stretch: Hips &amp; Hamstrings</b> with Sahra Esmonde-White <span>S B</span> ⌚ 25min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>Full Body Workout Vol.3</b> with Miranda Esmonde-White <span>S F B</span> ⌚ 60min	<b>40's Live Class Recording</b> with Sahra Esmonde-White <span>S F B</span> ⌚ 50min	<b>Core Stability</b> with Amanda Cyr <span>S F</span> ⌚ 34min	<b>40's Live Class Recording</b> with Jenny Bertrand <span>S</span> ⌚ 30min	<b>Cardio Blast</b> with Sasha Alcoloumbre <span>S F</span> ⌚ 45min	<b>Leg &amp; Butt Sculpting</b> with Meg Feeney <span>S F B</span> ⌚ 45min	<b>Season 10 Ep.30: Stress Release</b> with Miranda Esmonde-White <span>S</span> ⌚ 23min