

Your 50s

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 50s Increase your Energy & Mobility with Miranda Esmonde-White S F B ⌚ 34min	Season 14 Ep.15: Zero Impact Cardio with Miranda Esmonde-White S ⌚ 23min	50's Live Class Recording with Jenny Bertrand S ⌚ 30min	Energy Boost & Mobility with Miranda Esmonde-White S F ⌚ 39min	Leg Activation with Amanda Cyr S F ⌚ 35min	Strength: Full Body Workout with Sahra Esmonde-White S ⌚ 25min	Season 14 Ep.2: Hamstring Stretch with Miranda Esmonde-White S B ⌚ 23min
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	Season 11 Ep.7: Spine Mobility with Miranda Esmonde-White S ⌚ 23min	50's Live Class Recording with Jenny Bertrand S F ⌚ 30min	Toning & Cellular Vitality with Sahra Esmonde-White S F ⌚ 36min	Season 13 Ep.5: Energy Boosting with Miranda Esmonde-White S F ⌚ 23min	Core Strengthening Workout with Miranda Esmonde-White S B ⌚ 23min	Relaxation Workout with Alexa Leon S F ⌚ 30min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Full Body Toning & Energizing with Sasha Alcoloumbre S F B ⌚ 60min	Ab Flattening & Waist Shaping with Sahra Esmonde-White S F ⌚ 30min	50's Live Class Recording with Jenny Bertrand S B ⌚ 30min	Waist Toning with Gail Garceau S ⌚ 30min	Energy Boost & Mobility with Miranda Esmonde-White S B ⌚ 36min	Season 11 Ep.10: Mobility with Miranda Esmonde-White S ⌚ 23min	Muscle Release Workout with Sahra Esmonde-White S F ⌚ 30min