

# 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
<b>70's Live Class Recording</b> with Jenny Bertrand <b>S B</b> ⌚ 30min	<b>INTRO to the 70s Range of Motion</b> with Miranda Esmonde-White <b>S F</b> ⌚ 30min	<b>Release &amp; Rebuild your Fascia</b> with Miranda Esmonde-White <b>S B</b> ⌚ 30min	<b>Range of Motion</b> with Miranda Esmonde-White <b>S B</b> ⌚ 34min	<b>70's Live Workshop Recording</b> with Amanda Cyr <b>S B</b> ⌚ 50min	<b>Full Body Toning &amp; Barre</b> with Sahra Esmonde-White <b>S B</b> ⌚ 30min	<b>Mobility</b> with Miranda Esmonde-White <b>S F</b> ⌚ 30min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Season 12 Ep.02: Hip Pain Relief &amp; Stretch</b> with Miranda Esmonde-White <b>S B</b> ⌚ 23min	<b>Joint Pain Relief</b> with Gail Garceau <b>S B</b> ⌚ 30min	<b>Season 14 Ep. 01: Full Body Alignment</b> with Miranda Esmonde-White <b>S</b> ⌚ 23min	<b>Range of Motion</b> with Miranda Esmonde-White <b>S B</b> ⌚ 35min	<b>70's Live Class Recording</b> with Miranda Esmonde-White <b>S F</b> ⌚ 30min	<b>Season 13 Ep.07: Strengthen the Feet &amp; Legs</b> with Miranda Esmonde-White <b>S</b> ⌚ 23min	<b>Muscle Activation Workout</b> with Sahra Esmonde-White <b>S F B</b> ⌚ 30min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>Unlock: Feet, Ankles &amp; Calves</b> with Miranda Esmonde-White <b>S</b> ⌚ 15min	<b>Season 11 Ep.23: Shoulder Pain</b> with Miranda Esmonde-White <b>S</b> ⌚ 23min	<b>Range of Motion</b> with Miranda Esmonde-White <b>S B</b> ⌚ 34min	<b>Season 14 Ep. 12: Spine Flexibility</b> with Miranda Esmonde-White <b>S F</b> ⌚ 23min	<b>70's Live Class Recording</b> with Miranda Esmonde-White <b>S B</b> ⌚ 30min	<b>Season 10 Ep.09: Stress Release</b> with Miranda Esmonde-White <b>F</b> ⌚ 23min	<b>Season 13 Ep.15: Full Body Connective Tissue</b> with Miranda Esmonde-White <b>S</b> ⌚ 23min