

YOUR  
**20s**  
 21-Day Challenge



| DAY 1   | DAY 2                             | DAY 3  | DAY 4   | DAY 5  | DAY 6                                  | DAY 7                                   |
|---|-----------------------------------|--|---|--|--|---|
| Intro to the 20s<br><small>2min</small>                   | 20s Class<br><small>30min</small> | ((🕒))<br>Live Class<br>with Alexa Leon<br>8:45AM EST<br><small>30min</small> | 20s Workout<br>Full Body Toning<br><small>30min</small> | Arm Blast &<br>Posture Boost<br><small>30min</small> | Core Stability<br><small>30min</small> | Tension Release<br><small>30min</small> |
| Total Core, Leg &<br>Butt Workout<br><small>30min</small> |                                   |  |   |  |  |   |

| DAY 8                             | DAY 9  | DAY 10   | DAY 11                                   | DAY 12   | DAY 13  | DAY 14  |
|-----------------------------------|--|--|--|--|---|---|
| 20s Class<br><small>30min</small> | Season 10. Ep.01<br>Waist Slenderizing<br><small>23min</small> | ((🕒))<br>Live Workshop<br>Class<br>with Alexa Leon<br>8:45AM EST<br><small>30min</small> | Full Body Toning<br><small>55min</small> | ((🕒))<br>Live Class<br>with Lauren Finkelstein<br>8:45AM EST<br><small>30min</small> | Calorie Burning &<br>Lower Body Sculpting<br><small>30min</small> | Relaxation<br>Workout<br><small>30min</small> |

| DAY 15                            | DAY 16  | DAY 17   | DAY 18   | DAY 19                               | DAY 20   | DAY 21   |
|-----------------------------------|---|--|--|--------------------------------------|--|--|
| 20s Class<br><small>30min</small> | Arm & Ab<br>Sculpting<br><small>40min</small> | ((🕒))<br>Live Class<br>with Alexa Leon<br>8:45AM EST<br><small>30min</small> | ((🕒))<br>Live Class<br>with Gail Garceau<br>8:45AM EST<br><small>30min</small> | Cardio Blast<br><small>45min</small> | Ab Flattening &<br>Waist Shaping<br><small>30min</small> | Season 12. Ep.23<br>Stretch Your Spine<br><small>23min</small> |