

YOUR
50s
 21-Day Challenge



| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|---|-------------------------|---|--|--------------------------------------|--|
| Intro to the 50s 2min | ((☉)) Live Class with Jenny Bertrand 8:00AM EST 30min | Leg Activation 35min | Season 13 Ep.05 Energy Boosting 23min | ((☉)) Live Class with Julia Bentz 8:00AM EST 30min | Full Body Toning Workout 50min | 50s Workout Increase Your Energy & Mobility 35min |
| Season 12. Ep.10 Endurance & Power 23min | | | | | | |

| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|--------------------------------------|---|-------------------------------|--------------------|--|------------------------|----------------------------|
| Full Body Workout Vol. 3 60min | ((☉)) Live Workshop Class with Jenny Bertrand 8:00AM EST 30min | Cardio & Inner Thigh 35min | 50s Class 55min | Season 10. Ep.27 Feet & Ankle Strength & Mobility 23min | Barre Workout 60min | Joint Pain Relief 30min |

| DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
|---|---|---|--------------------|--|--------------------|--|
| Season 7 Ep.21 Increase Your Energy 23min | ((☉)) Live Class with Jenny Bertrand 8:00AM EST 30min | Season 11 Ep.18 Boost Your Energy 23min | 50s Class 40min | ((☉)) Live Class with Julia Bentz 8:00AM EST 30min | 50s Class 55min | Season 11 Ep.07 Spine Mobility 23min |