

YOUR
60s
 21-Day Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Intro to the 60s 2min	Full-Body Workout Vol. 3 30min	Season 13 Ep.02 Ab & Back Strengthening 23min	((o)) Live Class with Meg Feeny 8:00AM EST 30min	60s Class 30min	60s Workout Alignment & Pain Relief 35min	Full Body Stretching 23min
((o)) Live Class with Miranda Esmonde-White 8:00AM EST 30min						

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
((o)) Live Workshop Class with Miranda Esmonde-White 8:00AM EST 30min	Season 12 Ep.10 Endurance & Power 23min	60s Class 30min	((o)) Live Class with Dyan DeCastro 8:00AM EST 30min	Stretch: Shoulders, Upper Back & Hamstrings 25min	Season 12 Ep.17 Full Body Toning 23min	PM Workout 20min

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
((o)) Live Class with Miranda Esmonde-White 8:00AM EST 30min	Strength: Full Body Workout 25min	Core Stability 30min	60s Class 30min	Season 11 Ep.23 Shoulder Pain 23min	Season 13 Ep.14 Body Shaping 23min	Season 10 Ep.09 Stress Release 23min