

YOUR
70s+
 21-Day Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Intro to the 70s+ 2min	70s+ Workout Increase your Range of Motion 35min	Season 14 Ep.14 Hip Strengthening 23min	((☉)) Live Class with Dyan Decastro 8:45AM EST 30min	70s+ Class 35min	Season 11 Ep.06 Knee Strengthening 23min	Muscle Release Workout 30min
((☉)) Live Class with Miranda Esmonde-White 8:45AM EST 30min						

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
((☉)) Live Workshop Class with Miranda Esmonde-White 8:45AM EST 30min	Season 11 Ep.02 Posture Workout 23min	70s+ Class 40min	((☉)) Live Class with Meg Feeney 8:45AM EST 30min	Mobility 30min	Season 14 Ep.02 Hamstring Stretch 23min	Tension Release 30min

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
((☉)) Live Class with Miranda Esmonde-White 8:45AM EST 30min	Full Body Toning & Floor 30min	70s+ Class 30min	Season 12 Ep.02 Hip Pain Relief & Stretch 23min	Bone Strengthening 30min	Season 12 Ep.25 Hip Strengthening 23min	Season 10 Ep.30 Stress Release 23min