

YOUR  
**20s**  
 21-Day Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Intro to the 20s 2min	20s Class Strength & Mobility 30min	20s Class Full Body Toning & Body Awareness 30min	20s Workout Full Body Toning 30min	Arm Blast & Posture Boost 30min	Core Stability 30min	Tension Release 30min
Total Core, Leg & Butt Workout 30min						

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
20s Class Toning & Tension Release 30min	Season 10. Ep.01 Waist Slenderizing 23min	20s Workshop Class Full Body Toning & Body Awareness 30min	Full Body Toning 55min	20s Class Full Body Strength & Flexibility 30min	Calorie Burning & Lower Body Sculpting 30min	Relaxation Workout 30min

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
20s Class Lengthen & Strengthen 30min	Arm & Ab Sculpting 40min	20s Class Full Body Toning & Body Awareness 30min	20s Class Toning & Release 30min	Cardio Blast 45min	Ab Flattening & Waist Shaping 30min	Season 12. Ep.23 Stretch Your Spine 23min