

YOUR
30s
 21-Day Challenge



| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--------------------------------------|--|--|--|---|---|--|
| Intro to the 30s 2min | 30s Class Full Body Toning 30min | 30s Class Strength & Flexibility 30min | 30s Workout Total Body Strength & Flexibility 60min | Ab Flattening & Waist Shaping 30min | Season 10. Ep.30 Stress Release 23min | Calorie Burning & Lower Body Sculpting 30min |
| Body Reshaping & Posture 35min | | | | | | |

| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
|---|---|--|---------------------|---|-----------------------------|----------------------------|
| 30s Class Posture & Energy Boost 30min | Strength: Full Body Workout 30min | 30s Workshop Class Activation & Tension Release 30min | Core & Abs 35min | 30s Class Cardio & Strength 30min | Toning & Sculpting 30min | Joint Pain Relief 30min |

| DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
|---|--|--|--|------------------------|-------------------------------|-----------------------------|
| 30s Class Posture & Energy Boost 30min | Season 10 Ep.23 Lengthen & Strengthen Your Core 23min | 30s Class Strength & Flexibility 30min | 30s Class Core Strength & Tension Release 30min | Class of 2012 60min | Barre Tone & Release 45min | Relaxation Workout 30min |