

YOUR
40s
 21-Day Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Intro to the 40s <small>2min</small>	40s Class Leg, Glute & Core <small>30min</small>	Season 14 Ep.18 Waist Toning <small>23min</small>	Season 10 Ep.18 Full-Body Toning <small>30min</small>	40s Class Full Body Activation & Endurance <small>30min</small>	40s Workout Toning & Cellular Vitality <small>50min</small>	Full Body Deep Stretch <small>30min</small>
Arm Blast & Posture Boost <small>30min</small>						

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Waist Toning <small>30min</small>	40s Workshop Class Leg, Glute & Core <small>30min</small>	Cardio Blast <small>45min</small>	40s Class Strengthen & Tone <small>55min</small>	Season 14. Ep.09 Spine Strengthening <small>23min</small>	Arm & Ab Sculpting <small>35min</small>	Muscle Release Workout <small>30min</small>

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Full Body Toning <small>60min</small>	40s Class Leg, Glute & Core <small>30min</small>	Core & Abs <small>35min</small>	40s Class Strengthen & Tone <small>50min</small>	Total Core, Leg and Butt <small>30min</small>	40s Class Toning & Strengthening <small>55min</small>	Relaxation Workout <small>30min</small>