

YOUR
50s
 21-Day Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Intro to the 50s 2min	50s Class Range of Motion & Joint Decompression 30min	Leg Activation 35min	Season 13 Ep.05 Energy Boosting 23min	Season 11 Ep.12 Boost Your Energy 23min	Full Body Toning Workout 50min	50s Workout Increase Your Energy & Mobility 35min
Season 12. Ep.10 Endurance & Power 23min						

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Full Body Workout Vol. 3 60min	50s Workshop Class Range of Motion & Joint Decompression 30min	Cardio & Inner Thigh 35min	50s Class Strengthen & Tone 55min	Season 10. Ep.27 Feet & Ankle Strength & Mobility 23min	Barre Workout 60min	Joint Pain Relief 30min

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Season 7 Ep.21 Increase Your Energy 23min	50s Class Core Strength & Joint Decompression 30min	Season 11 Ep.18 Boost Your Energy 23min	50s Class Improve Strength & Mobility 40min	50s Class Circulation & Connective Tissue Workout 30min	50s Class Stretch & Joint Release 55min	Season 11 Ep.07 Spine Mobility 23min