

YOUR  
**60s**  
 21-Day Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Intro to the 60s <small>2min</small>	Full-Body Workout Vol. 3  <small>30min</small>	Season 13 Ep.02 Ab & Back Strengthening  <small>23min</small>	60s Class Energy Boost & Fascia  <small>30min</small>	60s Class Strength & Mobility  <small>30min</small>	60s Workout Alignment & Pain Relief  <small>35min</small>	Full Body Stretching  <small>23min</small>
60s Class Energy Boost  <small>30min</small>						

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
60s Workshop Class Strength, Posture & Hip Release  <small>30min</small>	Season 12 Ep.10 Endurance & Power  <small>23min</small>	60s Class Posture  <small>30min</small>	60s Class Balance & Mobility  <small>30min</small>	Stretch: Shoulders, Upper Back & Hamstrings  <small>25min</small>	Season 12 Ep.17 Full Body Toning  <small>23min</small>	PM Workout  <small>20min</small>

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
60s Class Energy Boost  <small>30min</small>	Strength: Full Body Workout  <small>25min</small>	Core Stability  <small>30min</small>	60s Class Full Body Mobility  <small>30min</small>	Season 11 Ep.23 Shoulder Pain  <small>23min</small>	Season 13 Ep.14 Body Shaping  <small>23min</small>	Season 10 Ep.09 Stress Release  <small>23min</small>