

YOUR
70s+
 21-Day Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Intro to the 70s+ 2min	70s+ Workout Increase your Range of Motion 35min	Season 14 Ep.14 Hip Strengthening 23min	70s+ Class Stretch & Release 30min	70s+ Class Improve Your Flexibility 35min	Season 11 Ep.06 Knee Strengthening 23min	Muscle Release Workout 30min
70s+ Class Connective Tissue 30min						

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
70s+ Workshop Class Connective Tissue 30min	Season 11 Ep.02 Posture Workout 23min	70s+ Class Improve Your Posture 40min	Season 14 Ep. 17 Improve Your Balance 23min	Mobility 30min	Season 14 Ep.02 Hamstring Stretch 23min	Tension Release 30min

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
70s+ Class Connective Tissue 30min	Full Body Toning & Floor 30min	70s+ Class Range of Motion 30min	Season 12 Ep.02 Hip Pain Relief & Stretch 23min	Bone Strengthening 30min	Season 12 Ep.25 Hip Strengthening 23min	Season 10 Ep.30 Stress Release 23min