

YOUR
20s
 Strength & Tone
 14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
20s Workout: Full Body Toning with Gail Garceau	Full Body Toning Workout with Alexa Leon	20s Class with Ellyn Ochs	Dynamic Strength with Gail Garceau	Arm & Ab Sculpting with Meg Feeney	Ultimate Leg Sculptor with Sahra Esmonde-White	Full Body Deep Stretch with Amanda Cyr
30min SF	30min AS	30min SF	40min SBF	35min SF	30min SF	30min SF

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Full Body Toning & Energizing with Sasha Alcoloumbre	Waist Toning with Gail Garceau	Specialized 20s Class with Alexa Leon	Total Body Burn with Gail Garceau	Leg & Butt Sculpting with Meg Feeney	Specialized 20s Class with Gail Garceau	Tension Release with Meg Feeney
60min SFB	30min AS	30min SF	45min SF	45min SBF	40min SF	30min SB

S: STANDING | **B:** BARRE | **F:** FLOOR