

YOUR
30s
 Strength & Tone
 14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
30s Workout: Total Body Strength & Flexibility with Meg Feeney	Dynamic Strength with Gail Garceau	30s Class with Alexa Leon	Strength: Core & Legs with Sahra Esmonde-White	Cardio & Inner thigh with Meg Feeney	Toning & Sculpting with Alexa Leon	Stretch: Hips & hamstrings with Sahra Esmonde-White
60min SF	40min SBF	30min SF	25min SF	35min SF	30min AS	25min SB

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Total Body Tone with Gail Garceau	Arm Blast & Posture Boost with Sahra Esmonde-White	Specialized 30s Class with Amanda Cyr	Calorie Burning & Lower Body Sculpting with Gail Garceau	Body Reshaping & Posture with Amanda Cyr	Ab Flattening & Waist Shaping with Sahra Esmonde-White	Barre Tone & Release with Gail Garceau
40min SF	30min SB	30min SF	30min SF	35min SB	30min SF	45min SBF

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