

YOUR  
**40s**  
**Strength & Tone**  
 14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>40s Workout:            Toning &amp;            Cellular Vitality</b> with Sahra Esmonde-White	<b>40s            Class</b> with Julia Bentz	<b>Full Body            Toning</b> with Alexa Leon	<b>Season 11 Ep. 05:            Waist Toning</b> with Miranda Esmonde-White	<b>Arm Blast &amp;            Posture Boost</b> with Sahra Esmonde-White	<b>Total Core,            Leg &amp; Butt</b> with Meg Feeney	<b>Hip Pain Relief            Workout</b> with Miranda Esmonde-White
50min   SBF	30min   AS	30min   SF	23min   SB	30min   SB	30min   SF	30min   SBF

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Full Body            Toning</b> with Sahra Esmonde-White	<b>40s            Class</b> with Julia Bentz	<b>Arm &amp; Ab            Sculpting</b> with Meg Feeney	<b>Specialized            40s Class</b> with Sahra Esmonde-White	<b>Full Body            Strengthening</b> with Amanda Cyr	<b>Season 14 Ep. 05:            Leg Toning</b> with Miranda Esmonde-White	<b>Muscle            Release</b> with Sahra Esmonde-White
60min   SF	30min   SBF	35min   SF	30min   AS	35min   SF	23min   SF	30min   SF

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