

YOUR
50s
 Strength & Tone
 14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
50s Class with Meg Feeney	Season 10 Ep. 18: Full Body Toning with Miranda Esmonde-White	Season 14 Ep.09: Spine Strengthening with Miranda Esmonde-White	Specialized 50s Class with Jenny Bertrand	Arm Blast & Posture Boost with Sahra Esmonde-White	Season 14: Ep. 18: Waist Toning with Miranda Esmonde-White	Season 10 Ep. 09: Stress Release with Miranda Esmonde-White
30min SB	23min AS	23min SF	30min SF	30min SB	23min SF	23min AF

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
50s Class with Meg Feeney	Season 11 Ep. 17: Toning & Slenderizing with Miranda Esmonde-White	Season 11 Ep. 13: Bone Strengthening with Miranda Esmonde-White	Core & Abs with Meg Feeney	Ultimate Leg Sculptor with Sahra Esmonde-White	Season 12 Ep. 29: Body Shaping with Miranda Esmonde-White	Joint Pain Relief with Gail Garceau
30min SF	23min SF	23min AS	35min SF	30min SF	23min AS	30min SB

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