

YOUR  
**60s**  
**Strength & Tone**  
 14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>60s Class</b> with Jenny Bertrand	<b>Season 11 Ep. 27: Bone Strength</b> with Miranda Esmonde-White	<b>Season 13 Ep. 17: Strengthen Your Back</b> with Miranda Esmonde-White	<b>Season 12 Ep. 28: Full Leg Toning</b> with Miranda Esmonde-White	<b>Full Body Toning &amp; Barre</b> with Sahra Esmonde-White	<b>Season 14 Ep. 16: Hip &amp; Glute Strengthening</b> with Miranda Esmonde-White	<b>Full Body Workout</b> with Jenny Bertrand
30min   AS	23min   AS	23min   AS	23min   SF	30min   SB	23min   SF	30min   AS

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>60s Class</b> with Jenny Bertrand	<b>Hip &amp; Knee Strengthening</b> with Miranda Esmonde-White	<b>Toning &amp; Sculpting</b> with Alexa Leon	<b>Waist &amp; Arm Lengthening</b> with Amanda Cyr	<b>Season 13 Ep. 18: Tone Your Legs</b> with Miranda Esmonde-White	<b>Season 12 Ep. 13: Toning the Waist</b> with Miranda Esmonde-White	<b>Muscle Release</b> with Sahra Esmonde-White
30min   SF	23min   SB	30min   AS	30min   SB	23min   SB	23min   SF	30min   SF

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