



YOUR
70s +
Strength & Tone
14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Season 14 Ep. 01: Full Body Alignment with Miranda Esmonde-White	70s + Class with Dyan Decastro	Bone Strengthening with Miranda Esmonde-White	Season 11 Ep. 22: Spine Strengthening with Miranda Esmonde-White	Full Body Toning & Barre with Sahra Esmonde-White	Season 13 Ep. 07: Strengthen the Feet & Legs with Miranda Esmonde-White	Beginner Flexibility with Amanda Cyr
50min SBF	30min SB	30min SB	23min SF	30min SB	23min AS	25min SF

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Season 11 Ep. 21: Arm Toning with Miranda Esmonde-White	70s + Class with Dyan Decastro	Season 14 Ep. 14: Hip Strengthening with Miranda Esmonde-White	Season 14 Ep. 18: Waist Toning with Sahra Esmonde-White	Season 14 Ep. 13: Glute Toning with Miranda Esmonde-White	Full Body Toning & Floor with Sahra Esmonde-White	Mobility with Miranda Esmonde-White
23min AS	30min SB	23min SB	23min SF	23min SB	30min SF	30min SF

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