

YOUR
40s
 Strength & Tone
 14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Monday Sept. 18	Tuesday Sept. 19	Wednesday Sept. 20	Thursday Sept. 21	Friday Sept. 22	Saturday Sept. 23	Sunday Sept. 24
40s Workout: Toning & Cellular Vitality with Sahra Esmonde-White	((●)) Live Class with Julia Bentz	Full Body Toning with Alexa Leon	Season 11 Ep. 05: Waist Toning with Miranda Esmonde-White	Arm Blast & Posture Boost with Sahra Esmonde-White	Total Core, Leg & Butt with Meg Feeney	Hip Pain Relief Workout with Miranda Esmonde-White
50min SBF	8:45AM EST	30min SF	23min SB	30min SB	30min SF	30min SBF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Monday Sept. 25	Tuesday Sept. 26	Wednesday Sept. 27	Thursday Sept. 28	Friday Sept. 29	Saturday Sept. 30	Sunday Oct. 1
Full Body Toning with Sahra Esmonde-White	((●)) Live Class with Julia Bentz	Arm & Ab Sculpting with Meg Feeney	Specialized 40s Class with Sahra Esmonde-White	Full Body Strengthening with Amanda Cyr	Season 14 Ep. 05: Leg Toning with Miranda Esmonde-White	Muscle Release with Sahra Esmonde-White
60min SF	8:45AM EST	35min SF	30min AS	35min SF	23min SF	30min SF

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