

YOUR
60s
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
((●)) Live Class with Jenny Bertrand	Season 11 Ep. 27: Bone Strength with Miranda Esmonde-White	Season 13 Ep. 17: Strengthen Your Back with Miranda Esmonde-White	Season 12 Ep. 28: Full Leg Toning with Miranda Esmonde-White	Full Body Toning & Barre with Sahra Esmonde-White	Season 14 Ep. 16: Hip & Glute Strengthening with Miranda Esmonde-White	Full Body Workout with Jenny Bertrand
8:00AM EST	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
Monday Sept. 25	Tuesday Sept. 26	Wednesday Sept. 27	Thursday Sept. 28	Friday Sept. 29	Saturday Sept. 30	Sunday Oct. 1
((●)) Live Class with Jenny Bertrand	Hip & Knee Strengthening with Miranda Esmonde-White	Toning & Sculpting with Alexa Leon	Waist & Arm Lengthening with Amanda Cyr	Season 13 Ep. 18: Tone Your Legs with Miranda Esmonde-White	Season 12 Ep. 13: Toning the Waist with Miranda Esmonde-White	Muscle Release with Sahra Esmonde-White
8:00AM EST	23min SB	30min AS	30min SB	23min SB	23min SF	30min SF

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