

YOUR
70s+
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
Season 14 Ep. 01: Full Body Alignment with Miranda Esmonde-White	((●)) Live 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	8:00AM EST	30min SB	23min SF	30min SB	23min AS	25min SF
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
Season 11 Ep. 21: Arm Toning with Miranda Esmonde-White	((●)) Live 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	8:00AM EST	23min SB	23min SF	23min SB	30min SF	30min SF

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