

YOUR  
20s  
Strength & Tone  
14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
20s Workout: Full Body Toning with Gail Garceau	Full Body Toning Workout with Alexa Leon	((☛)) Live Class with Ellyn Ochs	Dynamic Strength with Gail Garceau	Arm & Ab Sculpting with Meg Feeney	Ultimate Leg Sculptor with Sahra Esmonde-White	Full Body Deep Stretch with Amanda Cyr
30min   SF	30min   AS	8:45AM EST	40min   SBF	35min   SF	30min   SF	30min   SF

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Full Body Toning & Energizing with Sasha Alcoloumbre	Waist Toning with Gail Garceau	Specialized 20s Class with Alexa Leon	Total Body Burn with Gail Garceau	Leg & Butt Sculpting with Meg Feeney	Specialized 20s Class with Gail Garceau	Tension Release with Meg Feeney
60min   SFB	30min   AS	30min   SF	45min   SF	45min   SBF	40min   SF	30min   SB

S: STANDING | B: BARRE | F: FLOOR