

YOUR  
**70s+**  
**Strength & Tone**  
 14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Season 14 Ep. 01: Full Body Alignment</b> with Miranda Esmonde-White	((👁)) <b>Live Class</b> with Dyan Decastro	<b>Bone Strengthening</b> with Miranda Esmonde-White	<b>Season 11 Ep. 22: Spine Strengthening</b> with Miranda Esmonde-White	<b>Full Body Toning &amp; Barre</b> with Sahra Esmonde-White	<b>Season 13 Ep. 07: Strengthen the Feet &amp; Legs</b> with Miranda Esmonde-White	<b>Beginner Flexibility</b> 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
<b>Season 11 Ep. 21: Arm Toning</b> with Miranda Esmonde-White	((👁)) <b>Live Class</b> with Dyan Decastro	<b>Season 14 Ep. 14: Hip Strengthening</b> with Miranda Esmonde-White	<b>Season 14 Ep. 18: Waist Toning</b> with Sahra Esmonde-White	<b>Season 14 Ep. 13: Glute Toning</b> with Miranda Esmonde-White	<b>Full Body Toning &amp; Floor</b> with Sahra Esmonde-White	<b>Mobility</b> 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