



Your 30s

21-DAY CHALLENGE

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
New 30s Workout Alexa Leon	Cardio & Inner Thigh Meg Feeney	Full Body Strength & Flexibility Amanda Cyr	Increase Your Energy Gail Garceau	Arm & Ab Sculpting Meg Feeney	Rebalance Your Connective Tissue Miranda Esmonde-White	Season 1 Ep.04: Stress Relief Ellyn Ochs
S F 30min	S F 35min	S F 40min	S B 20min	S F 30min	S 30min	S F 23min

WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Dynamic Strength Gail Garceau	Season 1 Ep.09: Agility & Power Ellyn Ochs	Body Reshaping & Posture Boost Amanda Cyr	Lower Body Toning Meg Feeney	Core Stability Amanda Cyr	Season 1 Ep.12: Reshape Your Fascia Gail Garceau	Relaxation Workout Alexa Leon
S B F 40min	S B 23min	S B 40min	S B F 30min	S F 30min	S B 23min	S F 30min

WEEK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Total Body Strength & Flexibility Meg Feeney	Toning & Sculpting Alexa Leon	Lengthening & Strengthening Amanda Cyr	Season 12 Ep.10: Endurance & Power Miranda Esmonde-White	Posture & Balance Bethanne Stufflebean	Season 13 Ep.04 Boost Your Brain Miranda Esmonde-White	Relax & Renew Workout Julia Bentz
S F 60min	S 30min	S F 40min	S F 30min	S 30min	S B 23min	S F 30min

S STANDING | B BARRE | F FLOOR