



Your 40s

21-DAY CHALLENGE

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Toning & Cellular Vitality Sahra Esmonde-White	Mobility & Muscle Activation Sahra Esmonde-White	Core & Abs Meg Feeney	Cardio Blast Sasha Alcoloumbre	Core Stability & Posture Boost Gail Garceau	Season 1 Ep. 07: Bone Strength Gail Garceau	Season 1 Ep.04: Stress Relief Ellyn Ochs
S B F 50min	S 30min	S F 35min	S F 45min	S B 30min	S B 23min	S F 23min

WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Full Body Toning Alexa Leon	Full Body Cellular Rejuvenation Sahra Esmonde-White	Strength: Core & Legs Sahra Esmonde-White	Barre Tone & Release Gail Garceau	Improve Your Power & Agility Maude Desjardins	Full Body Stretching Miranda Esmonde-White	Joint Pain Relief Gail Garceau
S 30min	S B 30min	S F 25min	S B F 45min	S 30min	S B 23min	S B 30min

WEEK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Barre Workout Sahra Esmonde-White	Cardio Stretch: Standing Gail Garceau	Upper Body Toning Alexa Leon	Posture & Balance Bethanne Stufflebean	Boost Your Agility & Endurance Maude Desjardins	Release & Rebuild Your Fascia Miranda Esmonde-White	Full Body Deep Stretch Amanda Cyr
S B F 60min	S 25min	S F 30min	S 30min	S F 30min	S B 30min	S F 30min

S STANDING | B BARRE | F FLOOR