



# Your 50s

## 21-DAY CHALLENGE

### WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Increase Your Energy &amp; Mobility</b> Miranda Esmonde-White	<b>Increase Circulation</b> Sahra Esmonde-White	<b>Waist &amp; Arm Lengthening</b> Amanda Cyr	<b>Season 1 Ep.03: Energy Boost</b> Maude Desjardins	<b>Cardio Stretch: Standing</b> Gail Garceau	<b>Season 13 Ep.06: Spinal Fascia</b> Miranda Esmonde-White	<b>Stretch: Hips &amp; Hamstrings</b> Sahra Esmonde-White
S B F 34min	S F 30min	S B 23min	S 45min	S 25min	S 23min	S B 25min

### WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Season 13 Ep.05: Energy Boosting</b> Miranda Esmonde-White	<b>Connective Tissue</b> Sahra Esmonde-White	<b>Season 1 Ep.12: Reshape Fascia</b> Gail Garceau	<b>Full Body Toning &amp; Energizing Workout</b> Sasha Alcoloumbre	<b>Boost Blood Flow</b> Gail Garceau	<b>Lower Body Toning</b> Meg Feeney	<b>Season 12 Ep.22: Flexibility</b> Miranda Esmonde-White
S F 23min	S 30min	S B 23min	S B F 60min	S B 35min	S B F 30min	S F 23min

### WEEK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>Hips &amp; Glutes Strengthening</b> Ellyn Ochs	<b>Toning &amp; Strengthening</b> Gail Garceau	<b>Increase Your Energy</b> Gail Garceau	<b>Posture &amp; Spine</b> Miranda Esmonde-White	<b>Reset Your Body</b> Gail Garceau	<b>Arm Blast &amp; Posture Boost</b> Sahra Esmonde-White	<b>Full Body Deep Stretch</b> Amanda Cyr
S B F 50min	S F 35min	S B 20min	S 23min	S F 35min	S B 30min	S F 30min

S STANDING | B BARRE | F FLOOR