



Your 60s

21-DAY CHALLENGE

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Posture Miranda Esmonde-White	Season 1 Ep.07: Bone Strength Gail Garceau	Season 14 Ep.17: Improve Balance Miranda Esmonde-White	Unlock Your Spine Amanda Cyr	Alignment & Pain Relief Miranda Esmonde-White	Posture & Balance Bethanne Stufflebean	Joint Pain Relief Gail Garceau
S 25min	S B 23min	S 23min	S B 40min	S B 34min	S 30min	S B 30min

WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Full Body Mobility Miranda Esmonde-White	Core Stability Amanda Cyr	Release & Rebuild Your Fascia Miranda Esmonde-White	Flexibility & Endurance Maude Desjardins	Season 13 Ep.12: Core Strengthening Miranda Esmonde-White	Full Body Toning & Barre Sahra Esmonde-White	Relaxation Workout Alexa Leon
S 25min	S F 33min	S B 30min	S F 30min	S F 23min	S B 30min	S F 30min

WEEK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Gentle Full Body Workout Miranda Esmonde-White	Season 1 Ep.05: Posture & Core Dyan DeCastro	Season 13 Ep.11: Improve Balance Miranda Esmonde-White	Mobility & Core Strength Maude Desjardins	Arm Blast & Posture Boost Sahra Esmonde-White	Season 11 Ep.07: Spine Mobility Miranda Esmonde-White	Relax & Renew Workout Julia Bentz
S 30min	S 23min	S B 23min	S B 30min	S B 30min	S 23min	S F 30min

S STANDING | B BARRE | F FLOOR