



# Your 70s+

## 21-DAY CHALLENGE

### WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Energy Boost</b> Miranda Esmonde-White	<b>Season 1 Ep.02: Connective Tissue</b> Miranda Esmonde-White	<b>Full Body Workout</b> Jenny Bertrand	<b>Melt Away Stiffness</b> Ellyn Ochs	<b>Stimulate Your Brain</b> Miranda Esmonde-White	<b>Season 10 Ep.05: Improve Posture</b> Miranda Esmonde-White	<b>Tension Release</b> Meg Feeney
S B 30min	S B 23min	S 30min	S B 30min	S 20min	S B 23min	S B 30min

### WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Healing &amp; Recovery</b> Miranda Esmonde-White	<b>Season 1 Ep.08: Aging Backwards</b> Dyan DeCastro	<b>Increase your Range of Motion</b> Miranda Esmonde-White	<b>Full Body Workout</b> Ellyn Ochs	<b>Season 14 Ep.12: Spine Flexibility</b> Miranda Esmonde-White	<b>Season 14 Ep.17: Improve Balance</b> Miranda Esmonde-White	<b>Season 1 Ep.04: Stress Relief</b> Ellyn Ochs
S B 30min	S 23min	S F 35min	S F 35min	S F 23min	S 23min	S F 25min

### WEEK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>Lymphatic Circulation</b> Miranda Esmonde-White	<b>Morning Routine</b> Ellyn Ochs	<b>Full Body Stretching</b> Miranda Esmonde-White	<b>Balance &amp; Coordination</b> Ellyn Ochs	<b>Season 11 Ep.23: Shoulder Pain</b> Miranda Esmonde-White	<b>Season 1 Ep.05: Posture &amp; Core</b> Dyan DeCastro	<b>Season 10 Ep.09: Stress Release</b> Miranda Esmonde-White
S B 30min	S 20min	S B 23min	S B 30min	S 23min	S B 23min	F 23min

S STANDING | B BARRE | F FLOOR