HEALTH CHALLENGE

DAILY WORKOUT SCHEDULE

WEEK 1

DAY 1
Beginners: Toning for Beginners: Episode “Barre” (30min)
Regular: Classical Stretch Season 10: Episode 6 “Anti-aging” (23min)

DAY 2
Beginners: Classical Stretch Season 9: Episode 28 “Pain-relief: Hip stretches” (23min)
Regular: Body Sculpting: Episode “Arm blast & Posture boost” (30min)

DAY 3
Beginners: Ultimate Stretch Workouts: Episode “Improve Posture” (15min) + Episode “Unlock Feet, ankles, calves” (15min)
Regular: Classical Stretch Season 9: Episode 17 “Weight loss: Increase your range of motion” (23min)

DAY 4
Beginners & Regular: Ultimate Stretch Workouts: Episode “Muscle release” (30min)

DAY 5
Beginners: Aging Backwards for Beginners: Episode “Bone Strengthening” (30min)
Regular: Strength and Stretch in Motion: Episode “Strength: Core and Legs” (25min)

DAY 6
Beginners: Toning for Beginners: Episode “Floor” (30min)
Regular: Classical Stretch Season 10: Episode 8 “Triceps & Arms” (23min)

Day 7
Beginners & Regular: Classical Stretch Season 9: Episode 10 “Pain-relief for back and knees” (23min)

WEEK 2

DAY 8
Beginners: Ultimate Stretch Workouts: Episode “Relieve: Shoulder pain & tension” (15min) + “Stretch: Psoas, IT band, hips” (15min)
Regular: Barre Workout: Episode “Standing” (15min) + “Barre tone” (15min) + “Barre stretch” (15min) or “Floor stretch” (7min)
DAY 9
Beginners: Classical Stretch Season 8: Episode 25 “Feet and ankles” (23min)
Regular: Vintage – Arms & Abs, Legs & Butt: Episode “Legs & Butt” (30min)

DAY 10
Beginners & Regular: Ultimate Stretch Workouts: Episode “Muscle activation” (30 min)

DAY 11
Beginners: Classical Stretch Season 9: Episode 14 “Calf and knee strength” (23min)
Regular: Classical Stretch Season 9: Episode 13 “Strengthen spine and improve posture” (23min)

DAY 12
Beginners: Barre Workout: Episode “Standing” (15min) + “Barre stretch” (15min)
Regular: Classical Stretch Season 10: Episode 21 “Calorie burning” (23min)

DAY 13
Beginners: Toning for Beginners: Episode “Floor” (30min)
Regular: Body Sculpting: Episode “Ultimate Leg Sculptor” (30min)

DAY 14
Beginners & Regular: Classical Stretch Season 9: Episode 21 “Spine strength and flexibility” (23min)

WEEK 3

DAY 15
Beginners: Aging Backwards for Beginners: Episode “Mobility” (30min)
Regular: Body Sculpting: Episode “Ab Flattening & waist shaping” (30min)

DAY 16
Beginners: Classical Stretch Season 10: Episode 30 (23min)
Regular: Vintage – Arms & Abs, Legs & Butt: Episode “Arms & Abs” (30min)

DAY 17
Beginners: Toning for Beginners: Episode “Barre” (30min)
Regular: Strength & Stretch in Motion: Episode “Strength: Full Body Workout” (25min)

DAY 18
Beginners & Regular: Classical Stretch Season 9: Episode 26 “Pain prevention” (23min)

DAY 19
Beginners: Aging Backwards for Beginners: Episode “Posture” (30min)
Regular: Classical Stretch Season 10: Episode 7 “Power up your legs” (23min)
DAY 20
**Beginners:** Strength & Stretch in Motion: Episode “Upper body and Hamstrings” (25min)
**Regular:** Classical Stretch Season 9: Episode 3 “Weight-Loss: Hips and legs” (23min)

DAY 21
**Beginners:** Classical Stretch Season 10: Episode 25 “Deep leg & hip flexibility” (23min)
**Regular:** Full Body Toning: Full workout (60min)

**WEEK 4**

DAY 22
**Beginners:** Aging backwards for Beginners: Episode “Pain-relief” (30min)
**Regular:** Classical Stretch Season 10: Episode 3 “Spine stretch for posture” (23min)

DAY 23
**Beginners:** Classical Stretch Season 8: Episode 14 “Unlock you hips” (23min)
**Regular:** Classical Stretch Season 8: Episode 6 “Lose a pant size” (23min)

DAY 24
**Beginners:** Aging Backwards for Beginners: Episode “Bone strengthening” (30min)
**Regular:** Classical Stretch Season 9: Episode 1 “Slenderize your core” (23min)

DAY 25
**Beginners & Regular:** Ultimate Stretch Workouts: Episode “Muscle release” (30min)

DAY 26
**Beginners:** Classical Stretch Season 10: Episode 11 “Prevention of hand and finger arthritis” (23min)
**Regular:** Classical Stretch Season 10: Episode 27 “Feet and Ankle mobility” (23min)

DAY 27
**Beginners:** Classical Stretch Season 9: Episode 5 “Feet and calf healing” (23min)
**Regular:** Classical Stretch Season 9: Episode 7 “Ab & waist strengthening” (23min)

DAY 28
**Beginners:** Ultimate Stretch Workouts: Episode “Posture” (15min) + “Unlock feet, ankles, calves” (15min)
**Regular:** Vintage Full Body Workout: Full workout (60min)

DAY 29
**Beginners & Regular:** Ultimate Stretch Workouts: Episode “Muscle activation” (30min)

DAY 30
**Beginners:** Toning for Beginners: Episode “Floor” (30min)
**Regular:** Classical Stretch Season 10: Episode 10 “Zero impact cardio” (23min)