



JUNE 2022

		SUN	MON	TUES	WED	THURS	FRI	SAT
W01 W02 W03 W04 W05	BONUS TEACHING	<u>Liz's "Neat"</u> 15:11			DAY 1 <u>Jerry's RevX Strength "Restore the Joy"</u> 41:31	DAY 2 REST	DAY 3 <u>Heather G's Cardio Dance "No More Excuses"</u> 37:51	DAY 4 <u>Alisa's Rev on the Mat "Psalm 8:2"</u> 35:55
	DAY 5 REST	DAY 6 <u>Alisa's RevX Cardio "Clean Hearting"</u> 38:01	DAY 7 <u>Amia's Tempo Training "Relate"</u> 26:45	DAY 8 REST	DAY 9 <u>Torie's Dance & Drums "Shine Your Light"</u> 42:23	DAY 10 <u>Tammy's Cardio Strength "Training with Purpose"</u> 48:41	DAY 11 <u>Britney's Kickboxing "Through the Wild"</u> 33:32	
	DAY 12 REST	DAY 13 <u>Jerry's RevX Strength "Restore the Joy"</u> 41:31	DAY 14 <u>Heather G's Cardio Dance "No More Excuses"</u> 37:51	DAY 15 <u>Kara's Cardio Strength HIIT "Walking In Light"</u> 31:15	DAY 16 REST	DAY 17 <u>Amia's Cardio Mash Up "Simple Wisdom"</u> 33:54	DAY 18 <u>Alisa's Rev on the Mat "Psalm 8:2"</u> 35:55	
	DAY 19 REST	DAY 20 <u>Savannah's Drumsticks "Renew, Restore & Rise"</u> 34:07	DAY 21 <u>Amia's Tempo Training "Relate"</u> 26:45	DAY 22 REST	DAY 23 <u>Phillip's RevX Cardio Strength Intervals "Living by the Spirit"</u> 25:53	DAY 24 <u>Courtney's Choreography Mash-Up "Enjoy The Process"</u> 31:32	DAY 25 <u>Sara's Core Strength "Crunchless Core"</u> 40:07	
	DAY 26 REST	DAY 27 <u>Demetria's Cardio Strength Intervals "Hand it over"</u> 31:54	DAY 28 <u>Alisa's Cardio Mash Up "Power of Words"</u> 33:49	DAY 29 <u>Katrina's Dirty 30 Strength "Choose Love over Fear"</u> 40:19	DAY 30 REST			

YOU MAY REPLACE ANY WORKOUT WITH REVING THE WORD PODCAST