

JULY 2022



	SUN	MON	TUES	WED	THURS	FRI	SAT
W01	BONUS <u>Rebecca's "Finding Your Gifts"</u> 13:54					DAY 1 Alisa's <u>Strength, Speed & Stability "Why Are You Troubled?"</u> 42:56	DAY 2 Torie's <u>Choreographed Cardio "Strength for Contentment"</u> 43:34
W02	DAY 3 REST	DAY 4 Bri's <u>RevX Strength "That's Deep"</u> 50:38	DAY 5 Kara's <u>Cardio Kickboxing "Trust the Trainer"</u> 36:22	DAY 6 REST	DAY 7 Courtney's <u>Giant Strength Sets "In His Power"</u> 39:06	DAY 8 Amia's <u>Drumsticks "Exist On Purpose"</u> 41:51	DAY 9 Michele's <u>Rev on the Mat "The Heartbeat of the Father"</u> 1:02:27
W03	DAY 10 REST	DAY 11 Valerie's <u>RevX Cardio Tabatas "Rest in Jesus"</u> 45:44	DAY 12 Demetria's <u>Metabolic Strength "Taking New Ground"</u> 40:54	DAY 13 Heather G's <u>Cardio Dance "Instead"</u> 37:17	DAY 14 REST	DAY 15 Alisa's <u>Strength, Speed & Stability "Why Are You Troubled?"</u> 42:56	DAY 16 Jerry's <u>Tabata's & Ladder "Truth over Lies"</u> 41:09
W04	DAY 17 REST	DAY 18 Bri's <u>RevX Strength "That's Deep"</u> 50:38	DAY 19 Kara's <u>Cardio Kickboxing "Trust the Trainer"</u> 36:22	DAY 20 REST	DAY 21 Sara's <u>Arms & Core "Do You Stand Out?"</u> 35:44	DAY 22 Tammy's <u>RevX Cardio Conditioning "Child Get Up"</u> 47:45	DAY 23 Michele's <u>Rev on the Mat "The Heartbeat of the Father"</u> 1:02:27
W05	DAY 24 REST	DAY 25 Katrina's <u>Choreographed Mashup "Radiate Joy"</u> 34:07	DAY 26 Alisa's <u>Cardio Dance & Drums "Restore Temple Worship"</u> 53:46	DAY 27 Cris's <u>Full Body Circuit "Sound Minded"</u> 44:13	DAY 28 REST	DAY 29 Ron's <u>RevX Cardio Ladder "A Faithful Fight"</u> 27:24	DAY 30 Amia's <u>Barre "Satisfy"</u> 30:47
W06	DAY 31 REST						

YOU MAY REPLACE ANY WORKOUT WITH REVING THE WORD PODCAST