



NOVEMBER 2023

		SUN	MON	TUES	WED	THURS	FRI	SAT
W01 W02 W03 W04 W05	W01				DAY 1 Bri's <u>RevX Strength Intervals</u> <u>"Look, Linger, Listen"</u> 29:33	DAY 2 REST	DAY 3 Katrina's <u>Cardio Dance</u> <u>"He's Not Finished Yet"</u> 33:25	DAY 4 Michele's <u>Rev on the Mat Core</u> <u>Strength "Faith Comes by</u> <u>Hearing"</u> 29:47
	W02	DAY 5 REST	DAY 6 Tammy's <u>Cardio Intervals</u> <u>"Seek Him First"</u> 27:34	DAY 7 Wes's <u>RevX Cardio Strength</u> <u>AMRAP "We Are Not</u> <u>Consumed"</u> 37:20	DAY 8 REST	DAY 9 Alisa's <u>Cardio Dance and</u> <u>Drumsticks "Alisa's</u> <u>Favorites"</u> 44:08	DAY 10 Amia's <u>Barre</u> <u>"Satisfy"</u> 30:47	DAY 11 Demetria's <u>Cardio Tabatas</u> <u>"S.T.A.R.T."</u> 27:39
	W03	DAY 12 REST	DAY 13 Savannah's <u>Strength</u> <u>"Ezekiel 36:25-26"</u> 41:26	DAY 14 Kara's <u>Cardio Kickboxing</u> <u>"Trust the Trainer"</u> 36:22	DAY 15 Bri's <u>RevX Strength Intervals</u> <u>"Look, Linger, Listen"</u> 29:33	DAY 16 REST	DAY 17 Ron's <u>Cardio Ladder</u> <u>"Hunger & Thirst"</u> 33:07	DAY 18 Michele's <u>Rev on the Mat Core</u> <u>Strength "Faith Comes by</u> <u>Hearing"</u> 29:47
	W04	DAY 19 REST	DAY 20 Tammy's <u>Cardio Intervals</u> <u>"Seek Him First"</u> 27:34	DAY 21 Courtney's <u>Giant Strength Sets</u> <u>"In His Power"</u> 39:06	DAY 22 REST	DAY 23 Ashley's <u>Step Aerobics</u> <u>"Thanks-Giving"</u> 30:56	DAY 24 Fran's <u>Strength & Step</u> <u>"Thy Word"</u> 30:17	DAY 25 Alisa's <u>Cardio Dance and</u> <u>Drumsticks "Alisa's</u> <u>Favorites"</u> 44:08
	W05	DAY 26 REST	DAY 27 Torie's <u>RevX Cardio Strength</u> <u>"He Cares for You"</u> 38:34	DAY 28 Sara's <u>Cardio HIIT Intervals</u> <u>"Love Came Down"</u> 40:30	DAY 29 Jerry's <u>Rev on the Mat with</u> <u>Weights "Your Body is not</u> <u>a Project"</u> 44:38	DAY 30 REST		

YOU MAY REPLACE ANY WORKOUT WITH REVING THE WORD PODCAST