

DECEMBER 2023



	SUN	MON	TUES	WED	THURS	FRI	SAT
W01						DAY 1 Alisa's RevX Cardio Intervals "Eating God's Word" 28:47	DAY 2 Kara's Drumsticks & Strength "Make Room" 33:53
W02	DAY 3 REST	DAY 4 Savannah's Cardio Tabata "Step into Your Promise" 39:31	DAY 5 Katrina's Choreographed Strength "Don't Grow Weary" 37:16	DAY 6 REST	DAY 7 Jerry's Cardio Kickboxing "For the Glory of God" 28:00	DAY 8 Torie's RevX Strength "Living Sacrifice" 40:27	DAY 9 Bri's Rev on the Mat "Hungry Hearts" 33:25
W03	DAY 10 REST	DAY 11 Heather G's Cardio Dance "No More Excuses" 37:51	DAY 12 Katrina's Christmas Choro Mash- up "O Holy Night" 36:11	DAY 13 Alisa's RevX Cardio Intervals "Eating God's Word" 28:47	DAY 14 REST	DAY 15 Tammy's Strength "Joy in Repentance" 37:37	DAY 16 Sara's Christmas Drumsticks "Good News, Great Joy" 21:11
W04	DAY 17 REST	DAY 18 Bri's RevX Flexibility & Mobility "The Necessary" 47:52	DAY 19 Katrina's Choreographed Strength "Don't Grow Weary" 37:16	DAY 20 REST	DAY 21 Jerry's Cardio Kickboxing "For the Glory of God" 28:00	DAY 22 Kara's Christmas Strength & Sticks "Hold the Baby" 40:06	DAY 23 Sara's Cardio HIIT Interval "Love Came Down" 40:30
W05	DAY 24 REST	DAY 25 Michele's Meditation "Birth of the Messiah" 13:53	DAY 26 Amia's Cardio Strength Tempo Training "People Like Us" 47:57	DAY 27 Torie's Dance & Drums "Shine Your Light" 42:23	DAY 28 REST	DAY 29 Demetria's Cardio Strength Intervals "Hand it Over" 31:54	DAY 30 Bri's Rev on the Mat "Hungry Hearts" 33:25
W06	DAY 31 REST						

YOU MAY REPLACE ANY WORKOUT WITH REVING THE WORD PODCAST