

WEIGHT LOSS Women AND GOD

21 DAYS TO SUSTAINABLE HEALTH

RW REVELATION WELLNESS®

DAY 1

BODYWEIGHT WITH KARA
"SHE DID WHAT SHE COULD"
31:52

DAY 2

ADRIENNE'S BEGINNER CARDIO
AMRAP - "BLOOM WHERE YOU ARE
PLANTED"
30:15

DAY 3

DEMETRIA'S LOWER BODY
STRENGTH
"POWER TO CHOOSE"
27:16

DAY 4

REVING THE WORD
"LET YOUR MIND BE CHANGED"
45:00

DAY 5

JERRY'S UPPER BODY STRENGTH
"STRONG FEELINGS & MESSY
RELATIONSHIPS"
32:37

DAY 6

JONNIE'S REV ON THE MAT
"CUT TO THE CORE"
33:11

DAY 7

Be Still Be Loved

DAY 8

JERRY'S STRENGTH
"ENTITLEMENT VS GRATITUDE"
38:19

DAY 9

KARA'S KICKS AND STICKS
"AVAILABLE"
32:22

DAY 10

TORIE'S LOWER BODY STRENGTH
"GROWTH IN THE DISCOMFORT"
35:05

DAY 11

REVING THE WORD
"NORMALIZE DISCOMFORT"
42:00

DAY 12

JENNIFER'S UPPER BODY
"BETTER IS BETTER"
34:00

DAY 13

ALISA'S REV ON THE MAT
"PATIENCE AND CALM"
29:03

DAY 14

Be Still Be Loved

DAY 15

TAMMY'S STRENGTH
"ENCOURAGE ONE ANOTHER"
40:53

DAY 16

DEMETRIA'S CARDIO HIIT
"FORGIVEN"
35:27

DAY 17

TORIE'S LOWER BODY STRENGTH
"LIVING WATER"
38:00

DAY 18

REVING THE WORD
"BURN FOR DIFFERENT"
38:00

DAY 19

Wes's Upper Body Strength
"Our Fathomless God"
35:00

DAY 20

Keli's ROTMR
"Open Heart Open Palms"
34:00

DAY 21

Be Still Be Loved

