

# REVIVE+

MONTH 1

GOAL REMINDERS:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK 1</b> The Essentials	Take Body Measurements	CYCLE Day 1	UPPER BODY & ABS Day 2	CYCLE Day 3	LEGS & GLUTES Day 4	REST OR ACTIVE RECOVERY Day 5	LIVE STRENGTH & CYCLE Day 6
<b>WEEK 2</b> FUNctional FIT	REST DAY Day 7	CYCLE Day 8	FULL BODY FUNCTION Day 9	CYCLE Day 10	COMPOUND FUNCTIONAL STRENGTH Day 11	REST OR ACTIVE RECOVERY Day 12	LIVE STRENGTH & CYCLE Day 13
<b>WEEK 3</b> SUPER Sets	REST DAY Day 14	CYCLE Day 15	SUPER SOLID UPPER BODY Day 16	CYCLE SUPER SOLID ABS & OBLIQUES Day 17	SUPER SOLID LEGS & BUM Day 18	REST OR ACTIVE RECOVERY Day 19	LIVE STRENGTH & CYCLE Day 20
<b>WEEK 4</b> Quick HIIT	REST DAY Day 21	CYCLE Day 22	CYCLE QUICK HIIT UPPER BODY Day 23	CYCLE QUICK HIIT ABS Day 24	QUICK HIIT LOWER BODY Day 25	REST OR ACTIVE RECOVERY Day 26	LIVE STRENGTH & CYCLE Day 27
	REST DAY Take Body Measurements Day 28	NOTES:					

Don't forget to #kaleighcohenfitness on Instagram to share your workout with me!

\*REVIVE printable month 2 calendar will be available on your dashboard on Day 28

\*All workouts will be available to view on their scheduled day by 12AM EST on YouTube

\*Weekly calendars, body measurement worksheet, secret message progress tracker, and what to expect page will be found on your dashboard account at kaleighcohen.com