

# REVIVE+

MONTH 2

GOAL REMINDERS:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK 5</b> Focus	<b>REST DAY</b> Take Body Measurements Day 28	<b>SPEED RIDE</b> Day 29	<b>BICEPS &amp; TRICEPS</b> Day 30	<b>CYCLE ABS &amp; CALVES</b> Day 31	<b>QUADS &amp; THIGHS</b> Day 32	<b>REST OR ACTIVE RECOVERY</b> Day 33	<b>LIVE STRENGTH &amp; CYCLE</b> Day 34
<b>WEEK 6</b> Focus	<b>REST DAY</b> Day 35	<b>HEAVY RIDE</b> Day 36	<b>CHEST &amp; BACK</b> Day 37	<b>CYCLE SHOULDERS &amp; ABS</b> Day 38	<b>GLUTES &amp; HAMS</b> Day 39	<b>REST OR ACTIVE RECOVERY</b> Day 40	<b>LIVE STRENGTH &amp; CYCLE</b> Day 41
<b>WEEK 7</b> Finishers	<b>REST DAY</b> Day 42	<b>FIRE RIDE</b> Day 43	<b>UPPER BODY-TARGET ARMS</b> Day 44	<b>CYCLE OBLIQUES AND LOWER ABS</b> Day 45	<b>LEGS &amp; GLUTES-TARGET THIGHS</b> Day 46	<b>REST OR ACTIVE RECOVERY</b> Day 47	<b>LIVE STRENGTH &amp; CYCLE</b> Day 48
<b>WEEK 8</b> Pyramid	<b>REST DAY</b> Day 49	<b>UP &amp; DOWN RIDE</b> Day 50	<b>UPPER BODY-SHOULDER MAX OUT</b> Day 51	<b>CYCLE ALL ABOUT ABS</b> Day 52	<b>LOWER BODY-GLUTE MAX OUT</b> Day 53	<b>REST OR ACTIVE RECOVERY</b> Day 54	<b>LIVE STRENGTH &amp; CYCLE</b> Day 55
	<b>REST DAY</b> Take Body Measurements Day 56	<b>NOTES:</b>					

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

\*REVIVE printable month 3 calendar will be available on your dashboard by Day 56

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

**KALEIGH COHEN**  
*fitness*

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