

REVIVE+

MONTH 3

GOAL REMINDERS:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 9 BOOST	REST DAY Take Body Measurements Day 56	BOOST RIDE Day 57	UPPER BODY & ABS CIRCUITS Day 58	CYCLE Day 59	LEGS AND ABS CIRCUITS Day 60	REST OR ACTIVE RECOVERY Day 61	LIVE STRENGTH & CYCLE Day 62
WEEK 10 HYPERTROPHY	REST DAY Day 63	INTERVALS RIDE Day 64	CHEST & BACK Day 65	CYCLE SHOULDERS & CORE Day 66	LEG DAY Day 67	REST OR ACTIVE RECOVERY Day 68	LIVE STRENGTH & CYCLE Day 69
WEEK 11 HYPERTROPHY	REST DAY Day 70	RHYTHM HIIT RIDE Day 71	ARMS & ABS Day 72	CYCLE Day 73	GLUTES & ABS Day 74	REST OR ACTIVE RECOVERY Day 75	NO LIVE STRENGTH & CYCLE Day 76
WEEK 12 GIANT SETS	REST DAY Day 77	FINALE RIDE Day 78	UPPER BODY GIANT SETS Day 79	CYCLE SUPREME ABS Day 80	LOWER BODY GIANT SETS Day 81	REST OR ACTIVE RECOVERY Day 82	LIVE STRENGTH & CYCLE Day 83
	REST DAY Take Body Measurements Day 84	NOTES:					

YOU DID IT!

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

*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