

REVL8 CHALLENGE

8 WEEK WORKOUT PLAN



Your (optional) plan to get results through 8 weeks of training

24+ workouts / 8 weeks
3 + workouts per week

I'M NEW TO EXERCISE

3 + DAYS / WEEK

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
1 x GYM FLOOR	1 x GYM FLOOR	1 x GYM FLOOR	1 x GYM FLOOR	1-2 x GYM FLOOR	1-2 x GYM FLOOR	1-2 x GYM FLOOR	1-2 x GYM FLOOR
1 x R45 CLASS	1 x R45 CLASS	1 x R45 CLASS	1 x R45 CLASS	1-2 x R45 CLASS	1-2 x R45 CLASS	1-2 x R45 CLASS	1-2 x R45 CLASS
1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE
2-3 REST DAYS*	2-3 REST DAYS*	2-3 REST DAYS*	2-3 REST DAYS*	2-3 REST DAYS*	2-3 REST DAYS*	2-3 REST DAYS*	2-3 REST DAYS*

I'M STILL NEW BUT I'VE DONE THIS STUFF BEFORE

3 - 5 DAYS / WEEK

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
1-2 x GYM FLOOR	1-2 x GYM FLOOR	1-2 x GYM FLOOR	1-2 x GYM FLOOR	2 x GYM FLOOR	2 x GYM FLOOR	2 x GYM FLOOR	2 x GYM FLOOR
1-2 x R45 CLASS	1-2 x R45 CLASS	1-2 x R45 CLASS	1-2 x R45 CLASS	2 x R45 CLASS	2 x R45 CLASS	2 x R45 CLASS	2 x R45 CLASS
1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE
2 REST DAYS*	2 REST DAYS*	2 REST DAYS*	2 REST DAYS*	2 REST DAYS*	2 REST DAYS*	2 REST DAYS*	2 REST DAYS*

I KNOW WHAT I'M DOING, I JUST WANT SOMETHING TO FOLLOW

6 DAYS / WEEK

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
2 x GYM FLOOR	2 x GYM FLOOR	2 x GYM FLOOR	2 x GYM FLOOR	2 x GYM FLOOR	2 x GYM FLOOR	2 x GYM FLOOR	2 x GYM FLOOR
3 x R45 CLASS	3 x R45 CLASS	3 x R45 CLASS	3 x R45 CLASS	3 x R45 CLASS	3 x R45 CLASS	3 x R45 CLASS	3 x R45 CLASS
1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE	1 x RESTORE
1 REST DAY*	1 REST DAY*	1 REST DAY*	1 REST DAY*	1 REST DAY*	1 REST DAY*	1 REST DAY*	1 REST DAY*

* We recommend rest days contain some level of easy activity. When you're starting out, an easy walk is great for rest days.