

REV

Strength in Motion. Revolution in Progress



TM

REV



Caroline Girvan's six week REV series is exclusively available on the CGX platform.
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REV

REV™

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1	1 Upper body Straight sets & complexes	2 Lower body & abs First lower session ...let's ease into it!	3 Upper body Drive from lower body to help lift!	4 Lower body & abs Some short, sweet & intense sets!	Rest/active rest day	5 Full body Compounds in with power & endurance!	Rest/active rest day
WEEK 2	6 Upper body 'Dead' delts are to be expected!	7 Lower body & abs Aiming for a squat variation as an isolation!	8 Upper body The triceps will feel the depletion in glycogen after!	9 Lower body & abs 'Soft' landing!	Rest/active rest day	10 Full body It's 'ONLY' 20 seconds of burpees...x3!	Rest/active rest day
WEEK 3	11 Upper body Mostly back? Or mostly front delts? Or chest?!	12 Lower body & abs 9 sets of hip thrusts...really???	13 Upper body Push-ups & cobras...one of my fav supersets!	14 Lower body & abs Copious amounts of cluster sets!	Rest/active rest day	15 Full body Bulgarian lunges & burpees!	Rest/active rest day
WEEK 4	16 Upper body Upper anterior, posterior, anterior then posterior!	17 Lower body & abs Look at your weight as you hip thrust!	18 Upper body One big complex on just the sides of the delts!	Lower body & abs 1/2 posterior chain, 1/2 anterior!	Rest/active rest day	20 Full body Alt lunge burpees...after weighted lunges!	Rest/active rest day
WEEK 5	21 Upper body An 'allrounder'...no muscle untouched in the upper body!	22 Lower body & abs More lengthening focused than shortened!	23 Upper body Mid range partial curls ahead...fire!	24 Lower body & abs Playing with tempo within trisets!	Rest/active rest day	25 Full body This might be my favourite full body session of Rev!	Rest/active rest day
WEEK 6	26 Upper body A favourite of mine...alternating chest press!	27 Lower body & abs Supersets of 'very upright' curtseys!	28 Upper body A lot on the arms!	29 Lower body & abs Where the bodyweight exercises will force us to stop!	Rest/active rest day	30 Full body finale We did it!	



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