

REVL6 CHALLENGE

6 WEEK WORKOUT PLAN



A tailored workout plan to produce results through 6 weeks of training

18+ workouts / 6 weeks
3 workouts per week

SUPERSTAR STARTUP

3+ DAYS / WEEK

CLASS CONQUEROR

3-5 DAYS / WEEK

VETERAN VOYAGER

5-6 DAYS / WEEK

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

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
1 x R45 CLASS 1 x EVEREST 1 x RESTORE 2-3 REST DAYS*	1 x R45 CLASS 1 x EVEREST 1 x RESTORE 2-3 REST DAYS*	1 x R45 CLASS 1 x EVEREST 1 x RESTORE 2-3 REST DAYS*	1-2 x R45 CLASS 1-2 x EVEREST 1 x RESTORE 2-3 REST DAYS*	1-2 x R45 CLASS 1-2 x EVEREST 1 x RESTORE 2-3 REST DAYS*	1-2 x R45 CLASS 1-2 x EVEREST 1 x RESTORE 2-3 REST DAYS*
WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
1 x R45 CLASS 1 x EVEREST 1 x RESTORE 2-3 REST DAYS*	1 x R45 CLASS 1 x EVEREST 1 x RESTORE 2-3 REST DAYS*	2 x R45 CLASS 1 x EVEREST 1 x RESTORE 2-3 REST DAYS*	2 x R45 CLASS 1 x EVEREST 1 x RESTORE 2-3 REST DAYS*	2 x R45 CLASS 2 x EVEREST 1 x RESTORE 2 REST DAYS*	2 x R45 CLASS 2 x EVEREST 1 x RESTORE 2 REST DAYS*
WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
2 x R45 CLASS 2 x EVEREST 1 x RESTORE 2 REST DAYS*	2 x R45 CLASS 2 x EVEREST 1 x RESTORE 2 REST DAYS*	2 x R45 CLASS 2 x EVEREST 1 x RESTORE 2 REST DAYS*	3 x R45 CLASS 2 x EVEREST 1 x RESTORE 1 REST DAYS*	3 x R45 CLASS 2 x EVEREST 1 x RESTORE 1 REST DAYS*	3 x R45 CLASS 2 x EVEREST 1 x RESTORE 1 REST DAYS*