

APRIL 11 - JULY 3

# REVIVE<sup>+</sup>

A 12-WEEK CYCLING & STRENGTH PROGRAM

IT'S TIME TO  
**REIGNITE, RENEW, & REACH**  
NEW LEVELS

## WHAT TO EXPECT

The REVIVE workout program includes cycling and strength workouts, plus extras to improve your cardiovascular fitness, increase your muscular strength, burn fat, and ignite your motivation!

The extras are a weekly calendar, a body measurements journal, and a secret message progress tracker! Did I mention it's all FREE so invite your friends and family to REVIVE!

### WHAT YOU NEED

#### Required Equipment

Bike

Dumbbells

#### Optional Equipment

Mini Resistance Bands

Exercise Sliders

An Exercise Mat

An Exercise Step or Box

A Chair or Exercise Bench

Find a link [HERE](#) with the equipment you need!

### PROGRAM STRUCTURE

The REVIVE workout structure will include 5 days of workouts and 2 days of rest each week. The workouts will vary in duration and also includes lots of variety to keep things fun, engaging, and encourage results! The Saturday LIVE sessions are optional during the program, but if you omit, this will give you an additional rest day!

**BE A PART OF OUR  
BUTT-KICKING  
COMMUNITY!**

Click the icon to redirect to the page!



#kaleighcohenfitness  
to share your  
workout with me!



CYCLING



STRENGTH



## **DISCLAIMER**

When beginning any fitness workout or regimen, it is important to consult your physician to ensure this program is right for you. Do not start this program if your health care provider advises otherwise. Any exercises or information, health, wellness, or otherwise through videos, materials, documents, programs, or comments is for educational and entertainment purposes only and is used at the viewer's own risk. None of the information is to be a substitute for professional medical advice or health advice. Never delay seeking medical attention. Kaleigh Cohen Fitness will not be responsible or liable for any harm, damage, or injury as a result of any information provided. Performing or engaging in anything provided by Kaleigh Cohen Fitness is to be used at your own risk.

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