



BIKE & BELLS *THRIVE*

12-WEEK CYCLING & STRENGTH
WORKOUT PROGRAM

“Flourish physically and mentally for everyday life.”

EVERYTHING YOU NEED TO KNOW



WHAT TO EXPECT

BIKE AND BELLS THRIVE IS AN EASY TO FOLLOW AT HOME **FREE 12-WEEK CYCLING & STRENGTH** WORKOUT PROGRAM! THIS PROGRAM IS DESIGNED SO YOU CAN GROW, STRENGTHEN, AND FLOURISH PHYSICALLY AND MENTALLY FOR EVERYDAY LIFE.

BIKE AND BELLS THRIVE WILL INCLUDE A COMBINATION OF **5 TRAINING DAYS PER WEEK** RANGING FROM **25-45 MINUTES**. THE ONLY EXCEPTION IS OUR SATURDAY LIVE WORKOUTS WHICH WILL BE A 30-MINUTE FULL BODY WORKOUT AND A 45-60 MINUTES CYCLING WORKOUT, THIS IS THE TIME WE COME **TOGETHER AS A COMMUNITY!**

DURING OUR 12 WEEKS TOGETHER WE WILL INCORPORATE TRAINING SESSIONS THAT WILL BUILD FULL BODY STRENGTH AND DEFINITION, IMPROVE YOUR MOOD, BOOST YOUR CONFIDENCE AND MOTIVATION, AND IMPROVE OVERALL BODY COMPOSITION!

BIKE AND BELLS THRIVE IS A GREAT PROGRAM FOR **ALL LEVELS**, FROM **BEGINNER TO ADVANCED!** WITH MODIFICATIONS THROUGHOUT THE STRENGTH WORKOUTS AND CYCLING MODIFICATIONS LISTED IN THE DESCRIPTION OF EACH VIDEO, YOU CAN **MAKE THESE WORKOUTS, WORK FOR YOU!**

IF YOU WANT TO MAKE THE MOST OF THE NEXT 12- WEEKS, BE SURE TO TAKE ADVANTAGE OF THE **BIKE AND BELLS THRIVE BUNDLE**, PACKED WITH **RECIPES, NUTRITION TIPS, A PRINTABLE CALENDAR, AND MORE!**

HOW IT WORKS

LOG IN OR CREATE YOUR FREE ACCOUNT AT WWW.KALEIGHCOHEN.COM. FROM THERE YOU WILL LOCATE THE BIKE AND BELLS THRIVE PROGRAM. ONCE LOGGED IN, YOU WILL HAVE ACCESS TO THE CALENDAR AND THE BUNDLE IF PURCHASED! EACH DAY THERE IS A WORKOUT ON THE CALENDAR IT WILL BE A CLICKABLE LINK AND TAKE YOU DIRECTLY TO THE WORKOUT ON YOUTUBE! ALL NEW WORKOUTS WILL BE AVAILABLE AT 5AM EST.

I'M KALEIGH! YOUR WORKOUT FRIEND, TRAINER, AND CHEERLEADER! I'M HERE TO GIVE YOU PURPOSE-DRIVEN TRAINING THAT WILL TRANSFORM YOU INTO AN UNSTOPPABLE FORCE. WE WILL TRAIN HARD, PUSH PAST OUR COMFORT ZONE, AND GET STRONGER THAN EVER BEFORE! I CAN'T WAIT TO GET STRONG WITH YOU!



KC KALEIGH COHEN

EQUIPMENT

REQUIRED EQUIPMENT

INDOOR CYCLING BIKE
DUMBBELLS

2-3 SETS OF LIGHT TO HEAVY DUMBBELLS.

ONE OF THE GOALS OF THIS PROGRAM IS TO INCREASE MUSCLE DEFINITION AND STRENGTH, SO HAVING CHALLENGING WEIGHTS WILL HELP ACHIEVE THIS.

DUMBBELL WEIGHTS ARE RELATIVE TO YOU AND VARY FROM PERSON TO PERSON!

OPTIONAL EQUIPMENT

EXERCISE BOX OR BENCH
BOOTY OR MINI RESISTANCE BANDS
ANKLE WEIGHTS
BALANCE PODS

Everything you need for your workouts [here!!](#)



THE TOOLS YOU NEED TO SUCCEED!

BUNDLE -\$15

WHAT'S INCLUDED

GOAL BIG GUIDE

"IT'S MUCH EASIER TO GET WHERE YOU'RE GOING WHEN YOU HAVE A MAP."

WHEN YOU HAVE A PLAN, YOU CAN TAKE ACTION! THE GOAL BIG GUIDE IS YOUR GUIDE TO SETTING, PLANNING, AND ATTAINING YOUR GOALS FOR EVERY ASPECT OF YOUR LIFE! THE GOAL BIG GUIDE WILL PROVIDE YOU WITH CONCRETE ACTION STEPS TO ACHIEVE WHATEVER YOU SET YOUR MIND TO! YOU WILL GAIN THE TOOLS TO HELP YOU CREATE GOALS YOU CAN STICK WITH!

PRINTABLE CALENDAR

THE B&B THRIVE PRINTABLE CALENDAR GIVES YOU THE ENTIRE RUNDOWN OF WHAT YOU CAN EXPECT FOR THE NEXT 12-WEEKS. NOTED ON THE CALENDAR WILL BE WHAT WORKOUTS ARE TO COME, THE DURATION OF THE WORKOUTS, AND REST DAYS! THE CALENDAR IS PRINTER-FRIENDLY SO YOU CAN PRINT IT OFF AND MARK IT OFF WHEN YOU'VE COMPLETED A WORKOUT!

HAPPY HABITS & YOUR WORD WORKSHEET

"OUR HABITS PAVE OUR PATH. WHERE ARE YOUR HABITS LEADING YOU?"

THESE HELPFUL TOOLS WILL PROVIDE YOU WITH THE REMINDERS AND MOTIVATION YOU NEED TO LIVE INTENTIONALLY IN ALL AREAS OF LIFE. WITH THESE GUIDES YOU WILL BUILD NEW HABITS THAT LEAD TO POSITIVE CHANGES!

PROGRESS TRACKERS

TRACK YOUR BODY MEASUREMENTS AND PHYSICAL STRENGTH WITH SELECTED DAYS ALONG THE 12-WEEK JOURNEY!

MEAL PLANNER GUIDE & TEMPLATES

HAVING A PLAN AND BEING PREPARED CAN MAKE ALL THE DIFFERENCE WHEN IT COMES TO SUCCESS. I USE THIS GUIDE AND MEAL PLANNER TEMPLATE EVERY WEEK AND IT HAS MADE MY LIFE SO MUCH EASIER! I'VE INCLUDED BREAKFAST, LUNCH, DINNER, AND AN ALL-IN-ONE OPTION TO ACCOMMODATE WHAT WORKS BEST FOR YOU!

GET YOUR BUNDLE NOW!

EVERYTHING IN THE BUNDLE IS PRINTER-FRIENDLY AND WILL ENSURE YOU GET THE MOST OUT OF THE NEXT 12 WEEKS SO YOU CAN THRIVE!

HELPFUL LINKS!

Click the title or icon to access the link!

WEBSITE



KCF CYCLING



Don't Forget to SUBSCRIBE!

KCF STRENGTH



INSTAGRAM

#kaleighcohenfitness to share your workout with me!



FACEBOOK



THINGS I USE!

Under "Everything you need for our workouts!"



SHIMANO SHOES

Save 15% from this link only!



BUTT KICKER GEAR

Are you TEAM SPRINT or TEAM CLIMB?!



SPOTIFY

Find all my playlists here!



JOIN THE MEMBERSHIP

Get free calendars and bundles, early access to workouts, private discord, monthly zoom rides, and more!



STELLA COLORING PAGES!

For kids & adults!





DISCLAIMER

When beginning any fitness workout, PROGRAM, or regimen, it is important to consult your physician to ensure this program is right for you. Do not start this program if your healthcare 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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