



# REVIVE

STRENGTH & MOBILITY FOR  
BUSY ADULTS

COHORT 1 BEGINS

**SEPTEMBER 15, 2025**

**A 12-WEEK PROGRAM TO REBUILD,  
RECHARGE, AND FEEL STRONGER  
THAN EVER**

## Welcome to Revive

This guide is here to give you everything you need to start (and stick with) Revive, our 12-week strength and mobility program built for busy women who want to build confidence through strength, resilience and health.

Inside, you'll see:

- **Your weekly rhythm:** 3 training days, recovery built in, and one true rest day so you can recharge and feel ready for each session.
- **Recovery day focus:** quick visual tips for how to fuel, hydrate, move, stretch, and rest so your body actually gets stronger between workouts.
- **Equipment made simple :** the essentials (like dumbbells and resistance bands) plus some highly recommended tools (like mini loops and TRX) with clear guidance if you don't have everything on hand.
- **Modifications that work:** step-by-step instructions in the app for swapping or adjusting exercises when life, injuries, or equipment needs demand it.

Think of this as your quick start playbook. Follow the structure, listen to your body, and use the recovery pieces just as much as the training. The program was designed to be flexible but focused—so you can rebuild, recharge, and come out of these 12 weeks stronger than ever.

*- Matt April,*  
founder, CEO, & Coach



# REVIVE

## EXAMPLE WEEKLY TRAINING SCHEDULE

To get the best results, we recommend training three days a week. On your non-training days, take 1-3 recovery days and at least one full rest day. This rhythm keeps your body recharged, your mind sharp, and your performance improving every session.

You can adjust your days if needed, but sticking to this structure will give you the energy and progress you're looking for.

<b>MON</b>	<b>STRENGTH TRAINING</b> REVIVE DAY A
<b>TUE</b>	<b>RECOVERY</b> NOURISH, HYDRATE, MOVE, SLEEP
<b>WED</b>	<b>STRENGTH TRAINING</b> REVIVE DAY B
<b>THU</b>	<b>RECOVERY</b> NOURISH, HYDRATE, MOVE, SLEEP
<b>FRI</b>	<b>STRENGTH TRAINING</b> REVIVE DAY C
<b>SAT</b>	<b>RECOVERY</b> NOURISH, HYDRATE, MOVE, SLEEP
<b>SUN</b>	<b>REST / RECHARGE</b>

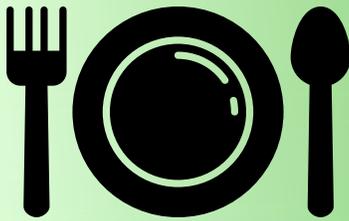
# REVIVE

## RECOVERY DAY RECOMMENDATIONS

**Recovery isn't optional... it's where the real progress happens.**

Training breaks muscle down. Recovery is where your body rebuilds it stronger. That rebuilding only happens with the right fuel: nourishment, hydration, and quality sleep. Between sessions, active recovery helps you move better, feel better, and come back ready for more.

**1 NOURISH**



PROTEIN, CARBS & FIBER, FATS!

**2 HYDRATE**



AIM FOR ½ BODY WGT IN FL OZ H<sub>2</sub>O

**3 SLEEP**



AIM FOR 8 HOURS!

**4 ROLL**



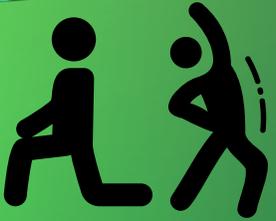
FOAM ROLL TO UNLOCK MOVEMENT!

**5 MOVE**



MOVE YOUR BODY!

**6 STRETCH**



HOLD STRETCHES FOR 45 SECONDS!

# REVIVE

# EQUIPMENT FOR SUCCESS

Note: Links for each item can be found on the resources hub page

<https://www.bentonbetter.com/revive-resource-hub/>



## **ESSENTIAL** **DUMBBELLS (paired)**

the gold standard is a pair of adjustable dumbbells

if adjustable dumbbells are unavailable, we recommend pairs of dumbbells in the following order of importance, starting with "light" and ending with "heavy":

- 1) "Light" pair between 10-20lbs
- 2) "medium" pair between 25-45lbs
- 3) "heavy" pair between 50-70lbs



## **ESSENTIAL** **RESISTANCE BAND(S)**

The gold standard is a full set of resistance bands, ideally ranging from 10lbs to 50lbs. If a full set is unavailable, we recommend resistance bands in the following order of importance, starting with "light" and ending with "heavy":

- 1) "Light" between 10-25lbs
- 2) "medium" between 25-40lbs
- 3) "heavy" between 45-60lbs

## **HIGHLY RECOMMENDED** **MINI RESISTANCE LOOP(S)**

The gold standard is a full set of mini resistance loops, ideally ranging from 10lbs to 50lbs. If a full set is unavailable, we recommend mini resistance loops in the following order of importance, starting with "light" and ending with "heavy":

- 1) "Light" between 10-20lbs
- 2) "medium" between 20-30lbs
- 3) "heavy" between 30-40lbs



## **HIGHLY RECOMMENDED\*** **TRX (suspension trainer)**

the gold standard is TRX Suspension trainer system.  
if A TRX is unavailable, modifications are available in your program.

**\*WHILE THIS PIECE OF A EQUIPMENT IS HIGHLY RECOMMENDED FOR OUR PROGRAM, IT IS ESSENTIAL FOR INDIVIDUALS REQUIRING PAIN-FREE LEG EXERCISE MODIFICATIONS.**

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## HOW TO: MODIFY OR SUBSTITUTE EXERCISES EXERCISE MODIFICATIONS

IN ORDER, FOLLOW THESE STEPS

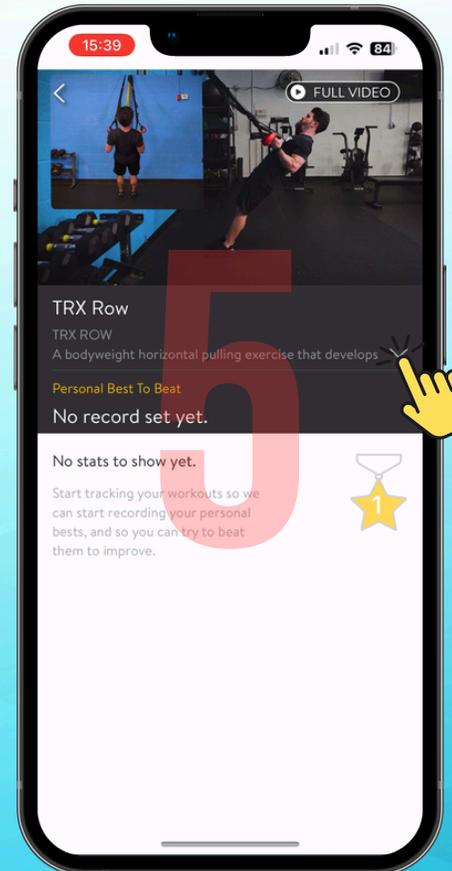
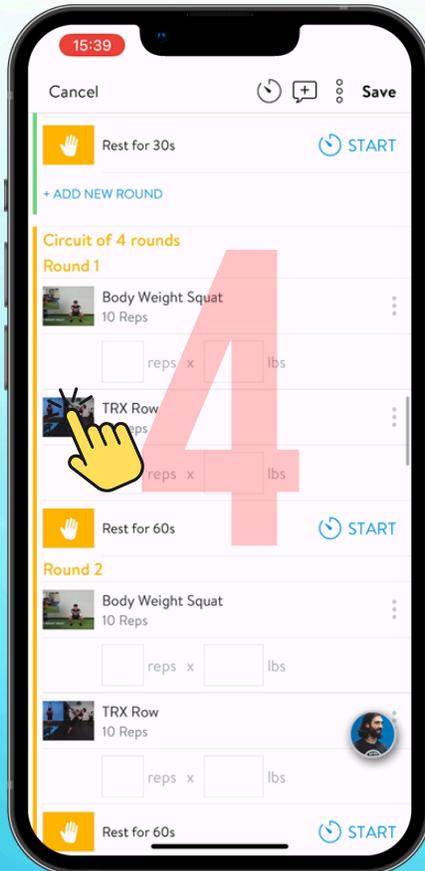
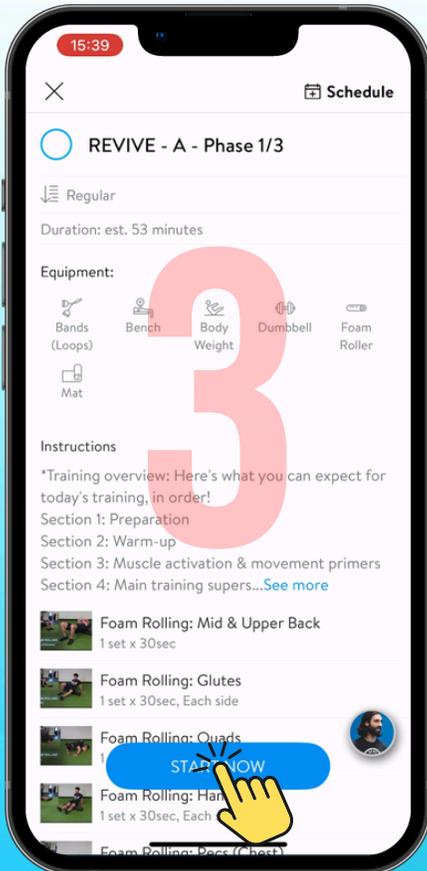
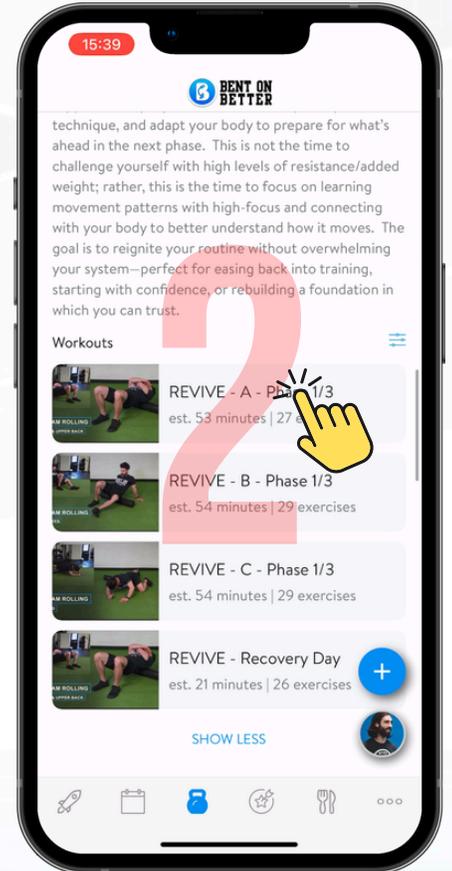
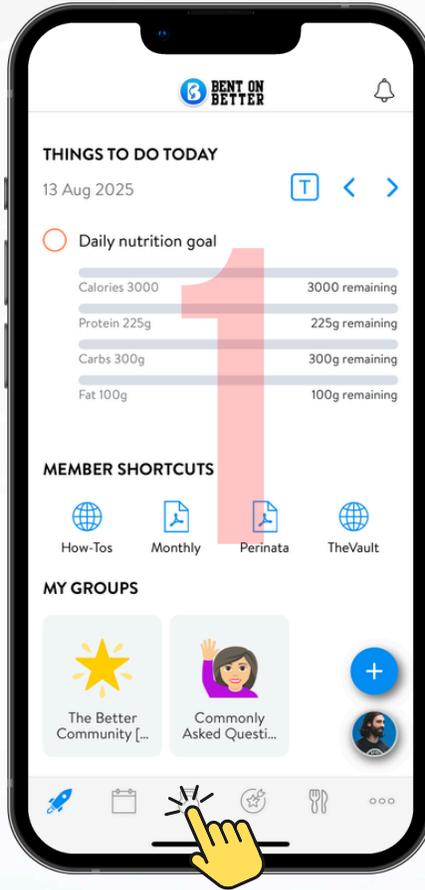
TO FIND AND REPLACE  
APPROPRIATE EXERCISE  
SUBSTITUTIONS WHEN NEEDED.  
LOOK FOR THE SYMBOLS BELOW  
IN EACH OF THE STEPS.



CLICK/TAP



TYPE



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## HOW TO: MODIFY OR SUBSTITUTE EXERCISES EXERCISE MODIFICATIONS

