

Revive: The 4-Week Bodyweight Reboot

Feeling like it's time to get back into shape but not sure where to start? With just your bodyweight and a simple plan, **'Revive'** will help you rebuild strength, endurance, and confidence in just 4 weeks.

This program isn't just about exercises; it's about creating a habit of moving your body consistently and easing back into fitness without overdoing it. Perfect for beginners or those returning to exercise, Revive gradually increases intensity week by week, allowing your body to adapt naturally.

You'll start with manageable, time-based exercises, adding just 5 seconds per week. With no equipment needed, you can complete this program anywhere—at home, in the park, or wherever works best for you.

Week 1 Routine

Rest for 1-2 minutes between each set to ensure proper recovery and maintain good form.

Day 1:

1. Bodyweight Squats: 15 seconds
 2. Push-ups: 15 seconds
 3. Shoulder Taps: 15 seconds
 4. Plank Jacks: 15 seconds
- Complete 4 sets total.

Day 2:

1. Lunges: 15 seconds
 2. Plank: 15 seconds
 3. Mountain Climbers: 15 seconds
 4. High Knees: 15 seconds
- Complete 4 sets total.

Day 3:

Circuit (5 rounds of 20 seconds each):

1. Jumping Jacks
 2. Burpees
 3. Side Lunges
 4. Bicycle Crunches
-

Weeks 2-4 Progression

Each week, you'll increase the duration of each exercise by 5 seconds to gradually build stamina and strength.

- **Week 2:** 20 seconds per exercise
- **Week 3:** 25 seconds per exercise
- **Week 4:** 30 seconds per exercise

Remember: *It's not about perfection; it's about consistency.* Taking 1-2 minutes of rest between sets gives your body time to recover and ensures you build a sustainable fitness habit.

By the end of these 4 weeks, you'll feel stronger, more energized, and ready to take on your next fitness challenge. Stick with it—you've got this!