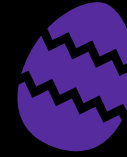
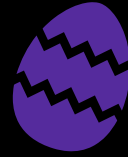




fit3™



April 2020 – Fit3 STRONG @ Home

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---------------------|----------------------------------|--|------------------------------|------------------------------------|------------------------|-------------------------|
| <ul style="list-style-type: none"> Use hand weights or resistance band for each move. Complete video of the week one or two times. | | | 1 | 2 | 3 | 4 | |
| | | | Daily Move: 2 sets x 10 reps - Fit3 video of the week: "Beginner Strength" | | | | Upright Row Reliv Shake |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| Daily Move: 2 sets x 12 reps - Fit3 video of the week: "Beginner Circuit" | | | | | | | |
| Reliv Shake | Pushups Reliv Shake | Standing Biceps Curl Reliv Shake | Upright Row Reliv Shake | Triceps Kickback Reliv Shake | Lateral Shoulder Raise Reliv Shake | Seated Row Reliv Shake | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
| Daily Move: 3 sets x 10 reps - Fit3 video of the week: "Beginner Circuit #2" | | | | | | | |
| Reliv Shake | Pushups Reliv Shake | Standing Biceps Curl Reliv Shake | Upright Row Reliv Shake | Triceps Kickback Reliv Shake | Lateral Shoulder Raise Reliv Shake | Seated Row Reliv Shake | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| Daily Move: 3 sets x 12 reps - Fit3 video of the week: "Intermediate Circuit" | | | | | | | |
| Reliv Shake | Pushups Reliv Shake | Standing Biceps Curl Reliv Shake | Upright Row Reliv Shake | Triceps Kickback Reliv Shake | Lateral Shoulder Raise Reliv Shake | Seated Row Reliv Shake | |
| 26 | 27 | 28 | 29 | 30 | | | |
| Daily Move: 3 sets x 12 reps - Fit3 video of the week: "Strength Progression" | | | | | | | |
| Reliv Shake | Pushups Reliv Shake | Standing Biceps Curl Reliv Shake | Upright Row Reliv Shake | Triceps Kickback Reliv Shake | | | |

