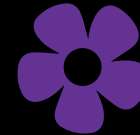
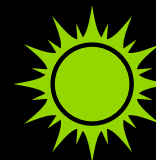
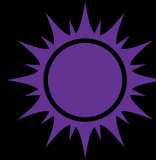




# fit3™



## August 2020 – 500 Pushups

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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- Pushups may be done in multiple sets to complete the daily total
- Select a modification that is challenging, but can be completed with proper form. Pushup modifications can be found at: <https://www.darebee.com/pushups-guide.html>

2	3	4	5	6	7	8
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**Fit3 video of the week: "Beginner Strength"**

Reliv Shake	10 Pushups Reliv Shake	10 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake
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9	10	11	12	13	14	15
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**Fit3 video of the week: "Beginner Circuit"**

Reliv Shake	15 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake
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16	17	18	19	20	21	22
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**Fit3 video of the week: "Beginner Circuit #2"**

Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake
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23	24	25	26	27	28	29
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**Fit3 video of the week: "Strength Progression"**

Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake
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30	31					
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25 Pushups  
Reliv Shake

- Complete video of the week once or twice that week
- Fit3 workout videos can be found at: <https://reliv.com/workouts>

