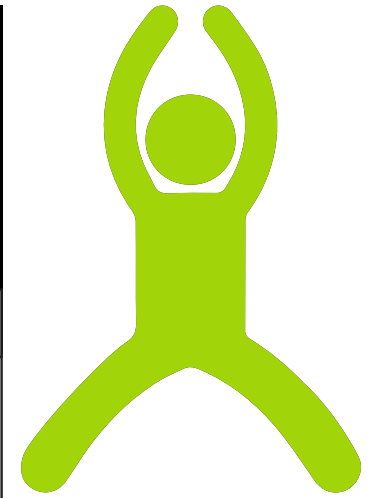




# fit<sup>3</sup>

## DECEMBER 2020 PARTNER 100 CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		<b>1</b> 100 Squats Reliv Shake	<b>2</b> 100 Jumping Jacks Reliv Shake	<b>3</b> 100 Crunches Reliv Shake	<b>4</b> 100 Pushups Reliv Shake	<b>5</b> 100 Lunges Reliv Shake
<b>6</b> Reliv Shake	<b>7</b> 100 Russian Twists Reliv Shake	<b>8</b> 100 Squats Reliv Shake	<b>9</b> 100 Jumping Jacks Reliv Shake	<b>10</b> 100 Crunches Reliv Shake	<b>11</b> 100 Pushups Reliv Shake	<b>12</b> 100 Lunges Reliv Shake
<b>13</b> Reliv Shake	<b>14</b> 100 Russian Twists Reliv Shake	<b>15</b> 100 Squats Reliv Shake	<b>16</b> 100 Jumping Jacks Reliv Shake	<b>17</b> 100 Crunches Reliv Shake	<b>18</b> 100 Pushups Reliv Shake	<b>19</b> 100 Lunges Reliv Shake
<b>20</b> Reliv Shake	<b>21</b> 100 Russian Twists Reliv Shake	<b>22</b> 100 Squats Reliv Shake	<b>23</b> 100 Jumping Jacks Reliv Shake	<b>24</b> 100 Crunches Reliv Shake	<b>25</b> 100 Pushups Reliv Shake	<b>26</b> 100 Lunges Reliv Shake
<b>27</b> Reliv Shake	<b>28</b> 100 Russian Twists Reliv Shake	<b>29</b> 100 Squats Reliv Shake	<b>30</b> 100 Jumping Jacks Reliv Shake	<b>31</b> 100 Crunches Reliv Shake		



- Pick a partner. Each day, divide the 100 repetitions of each exercise between you and your partner, (50/50, 80/20... you decide)
- Repetitions may be broken down into sets.
- 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>