



fit3™



January 2020 – 31 Days to Better Balance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• Video tutorial of moves is available at: https://www.facebook.com/pg/Relivfit3/videos/?ref=page_internal			1	2	3	4
			Daily Move: 30 seconds each side			
			Happy New Year! Reliv Shake	Tree Pose Reliv Shake	Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake
5	6	7	8	9	10	11
Daily Move: 30 seconds each side						
Reliv Shake Rest or makeup day	Standing Leg Extension Reliv Shake	Side Leg Raise Reliv Shake	Heel lifts with Arm Raise Reliv Shake	Tree Pose Reliv Shake	Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake
12	13	14	15	16	17	18
Daily Move: 40 seconds each side						
Reliv Shake Rest or makeup day	Standing Leg Extension Reliv Shake	Side Leg Raise Reliv Shake	Heel lifts with Arm Raise Reliv Shake	Tree Pose Reliv Shake	Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake
19	20	21	22	23	24	25
Daily Move: 50 seconds each side						
Reliv Shake Rest or makeup day	Standing Leg Extension Reliv Shake	Side Leg Raise Reliv Shake	Heel lifts with Arm Raise Reliv Shake	Tree Pose Reliv Shake	Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake
26	27	28	29	30	31	
Daily Move: 60 seconds each side						
Reliv Shake Rest or makeup day	Standing Leg Extension Reliv Shake	Side Leg Raise Reliv Shake	Heel lifts with Arm Raise Reliv Shake	Tree Pose Reliv Shake	Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake

