



fit3™



July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Reliv Shake 30 Min Cardio 10 Pushups	2 Reliv Shake Floor Core Tabata	3 Reliv Shake 30 Min Cardio 10 Pushups	4 Reliv Shake Plank Tabata
5 Reliv Shake Rest	6 Reliv Shake 30 Min Cardio 10 Pushups	7 Reliv Shake Standing Ab Tabata	8 Reliv Shake 30 Min Cardio 10 Pushups	9 Reliv Shake Floor Core Tabata	10 Reliv Shake 30 Min Cardio 10 Pushups	11 Reliv Shake Plank Tabata
12 Reliv Shake Rest	13 Reliv Shake 30 Min Cardio 10 Pushups	14 Reliv Shake Standing Ab Tabata	15 Reliv Shake 30 Min Cardio 10 Pushups	16 Reliv Shake Floor Core Tabata	17 Reliv Shake 30 Min Cardio 10 Pushups	18 Reliv Shake Plank Tabata
19 Reliv Shake Rest	20 Reliv Shake 30 Min Cardio 10 Pushups	21 Reliv Shake Standing Ab Tabata	22 Reliv Shake 30 Min Cardio 10 Pushups	23 Reliv Shake Floor Core Tabata	24 Reliv Shake 30 Min Cardio 10 Pushups	25 Reliv Shake Plank Tabata
26 Reliv Shake Rest	27 Reliv Shake 30 Min Cardio 10 Pushups	28 Reliv Shake Standing Ab Tabata	29 Reliv Shake 30 Min Cardio 10 Pushups	30 Reliv Shake Floor Core Tabata	31 Reliv Shake 30 Min Cardio 10 Pushups	

Standing Ab Tabata (4 minutes total)

20 seconds – Knee Smash – R/L
 10 seconds – Rest
 20 seconds – Wood Chop (right)
 10 seconds – Rest
 20 seconds – Knees to Elbow – R/L
 10 seconds – Rest
 20 seconds – Wood Chop (left)
 10 seconds – Rest

Repeat entire tabata

Floor Core Tabata (4 minutes total)

20 seconds - Russian Twist
 10 seconds - Rest
 20 seconds - Flutter Kicks
 10 seconds - Rest
 20 seconds - Heel Touch
 10 seconds - Rest
 20 seconds – Flat Bicycle
 20 seconds – Rest

Repeat entire tabata

Plank Tabata (4 minutes total)

20 seconds – Shoulder Tap Plank
 10 seconds – Rest
 20 seconds – Side Plank Left
 10 seconds – Rest
 20 seconds – Tap Out Plank
 10 seconds – Rest
 20 seconds – Side Plank Right
 10 seconds – Rest

Repeat entire tabata