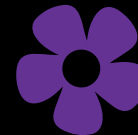




fit3™



June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reliv Shake	1 10 Pushups 2 x 10 Squats Reliv Shake	2 10 Pushups 2 x 10 Squats Reliv Shake	3 10 Pushups 2 x 10 Squats Reliv Shake	4 10 Pushups 2 x 10 Squats Reliv Shake	5 10 Pushups 2 x 10 Squats Reliv Shake	6 10 Pushups 2 x 10 Squats Reliv Shake
7 Reliv Shake	8 10 Pushups 2 x 12 Squats Reliv Shake	9 10 Pushups 2 x 12 Squats Reliv Shake	10 10 Pushups 2 x 12 Squats Reliv Shake	11 10 Pushups 2 x 12 Squats Reliv Shake	12 10 Pushups 2 x 12 Squats Reliv Shake	13 10 Pushups 2 x 12 Squats Reliv Shake
14 Reliv Shake	15 10 Pushups 3 x 10 Squats Reliv Shake	16 10 Pushups 3 x 10 Squats Reliv Shake	17 10 Pushups 3 x 10 Squats Reliv Shake	18 10 Pushups 3 x 10 Squats Reliv Shake	19 10 Pushups 3 x 10 Squats Reliv Shake	20 10 Pushups 3 x 10 Squats Reliv Shake
21 Reliv Shake	22 10 Pushups 3 x 12 Squats Reliv Shake	23 10 Pushups 3 x 12 Squats Reliv Shake	24 10 Pushups 3 x 12 Squats Reliv Shake	25 10 Pushups 3 x 12 Squats Reliv Shake	26 10 Pushups 3 x 12 Squats Reliv Shake	27 10 Pushups 3 x 12 Squats Reliv Shake
28 Reliv Shake	29 10 Pushups 3 x 15 Squats Reliv Shake	30 10 Pushups 3 x 15 Squats Reliv Shake	<p>Pushups – select a variation that allows you to complete most repetitions through a full range of motion and progress to a more difficult variation as strength increases (eg. hands on a lower surface)</p> <p>Squats – may be done with body weight or using added resistance by holding a weighted object. Rest 30-60 seconds between sets.</p>			

