



fit3™



March 2020 – March Madness Plank Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Daily Move: Hold the plank position for 30 seconds – Fit3 Video: Strength Progression						
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake
8	9	10	11	12	13	14
Daily Move: Hold the plank position for 40 seconds – Fit3 Video: Active Recovery						
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake
15	16	17	18	19	20	21
Daily Move: Hold the plank position for 50 seconds – Fit3 Video: Beginner Strength						
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake
22	23	24	25	26	27	28
Daily Move: Hold the plank position for 60 seconds – Fit3 Video: Beginner Cardio						
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake
29	30	31	<ul style="list-style-type: none"> • Drink your Reliv shake EVERY day! • Planks may be performed with hands elevated on a counter, desk or bench. • Total time may be broken down into shorter increments • Modify with any of these variations: https://greatist.com/move/plank-variations-for-core-strength#advanced • Complete the Fit3 video of the week once or twice during that week - https://reliv.com/workouts 			
Daily Move: Hold plank position for 60 seconds						
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake				

