



# fit<sup>3</sup>

## NOVEMBER 2020 PUSHUP AND STRETCH CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<b>1</b> Reliv Shake	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	Daily: 10 pushups, Childs Pose Stretch, Kneeling TA Stretch, OH Triceps Stretch, Supine IT Band Stretch					
	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
<b>8</b> Reliv Shake	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	Daily: 12 pushups, Seated Butterfly Stretch, Seated Straddle Stretch, Standing Dorsi-Flexion (calf stretch)					
	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
<b>15</b> Reliv Shake	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	Daily: 15 pushups, Side-lying Quad Stretch, Leg Cross-over Stretch, Cat-Cow, Seated Straddle Stretch					
	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
<b>22</b> Reliv Shake	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	Daily: 20 pushups, Kneeling Hip Flexor Stretch, Modified Hurdler's Stretch, Childs Pose Stretch					
	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
<b>29</b> Reliv Shake	<b>30</b> Reliv Shake	Stretch demonstrations available at: <a href="https://www.acefitness.org/education-and-resources/lifestyle/exercise-library">https://www.acefitness.org/education-and-resources/lifestyle/exercise-library</a> Hold each stretch position for 15-30 seconds at a time for a total of 2-4 repetitions; try to move into the stretch a little deeper with each repetition, but be sure to keep your body in alignment. Complete all repetitions on one side before alternating to the other side.				

