



fit³

OCTOBER 2020 BACK BUILDER CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday			
<ul style="list-style-type: none"> Moves can be performed with body weight only or with light dumbbells or other hand-held weights for additional resistance. Complete video of the week one or two times – www.reliv.com/workouts 				1	2	3			
				Daily Move: 2 sets @ 10 reps			T-Raises Reliv Shake	Good Mornings Reliv Shake	10 min stretch Reliv Shake
				4	5	6	7	8	9
Reliv Shake	Daily Move: 2 sets @ 10 reps — Fit3 video of the week: "Cardio Level 1 & 2"								
	Supermans Reliv Shake	Bird Dog Reliv Shake	One-arm row Reliv Shake	T-Raises Reliv Shake	Good Mornings Reliv Shake	10 min stretch Reliv Shake			
11	12	13	14	15	16	17			
Reliv Shake	Daily Move: 2 sets @ 10 reps — Fit3 video of the week: "Strength Progression"								
	Supermans Reliv Shake	Bird Dog Reliv Shake	One-arm row Reliv Shake	T-Raises Reliv Shake	Good Mornings Reliv Shake	10 min stretch Reliv Shake			
18	19	20	21	22	23	24			
Reliv Shake	Daily Move: 2 sets @ 10 reps — Fit3 video of the week: "Beginner Cardio"								
	Supermans Reliv Shake	Bird Dog Reliv Shake	One-arm row Reliv Shake	T-Raises Reliv Shake	Good Mornings Reliv Shake	10 min stretch Reliv Shake			
25	26	27	28	29	30	31			
Reliv Shake	Daily Move: 2 sets @ 10 reps — Fit3 video of the week: "Wake-up Workout"								
	Supermans Reliv Shake	Bird Dog Reliv Shake	One-arm row Reliv Shake	T-Raises Reliv Shake	Good Mornings Reliv Shake	10 min stretch Reliv Shake			

