



APRIL 2021
UPPERCUT CHALLENGE

sunday		monday		tuesday		wednesday		thursday		friday		saturday							
<ul style="list-style-type: none"> • Use hand weights or resistance band for each daily move. • Complete video of the week one or two times. 								1	2	3									
								Daily Move: 2 sets x 10 reps											
								Triceps Kickback Reliv Shake			Lateral Shoulder Raise Reliv Shake			Seated Row Reliv Shake					
4	5	6	7	8	9	10	Daily Move: 2 sets x 12 reps — Fit3 video of the week: "Beginner Strength"												
Reliv Shake		Pushups Reliv Shake		Standing Biceps Curl Reliv Shake		Upright Row Reliv Shake		Triceps Kickback Reliv Shake		Lateral Shoulder Raise Reliv Shake		Seated Row Reliv Shake							
11	12	13	14	15	16	17	Daily Move: 3 sets x 10 reps — Fit3 video of the week: "Beginner Circuit #2"												
Reliv Shake		Pushups Reliv Shake		Standing Biceps Curl Reliv Shake		Upright Row Reliv Shake		Triceps Kickback Reliv Shake		Lateral Shoulder Raise Reliv Shake		Seated Row Reliv Shake							
18	19	20	21	22	23	24	Daily Move: 3 sets x 12 reps — Fit3 video of the week: "Intermediate Circuit"												
Reliv Shake		Pushups Reliv Shake		Standing Biceps Curl Reliv Shake		Upright Row Reliv Shake		Triceps Kickback Reliv Shake		Lateral Shoulder Raise Reliv Shake		Seated Row Reliv Shake							
25	26	27	28	29	30	Daily Move: 3 sets x 12 reps — Fit3 video of the week: "Strength Progression"													
Reliv Shake		Pushups Reliv Shake		Standing Biceps Curl Reliv Shake		Upright Row Reliv Shake		Triceps Kickback Reliv Shake		Lateral Shoulder Raise Reliv Shake									

