



fit³

AUGUST 2021
500 Pushups

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
	Fit3 video of the week: "Beginner Strength"					
Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake
8	9	10	11	12	13	14
	Fit3 video of the week: "Beginner Circuit"					
Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake
15	16	17	18	19	20	21
	Fit3 video of the week: "Beginner Circuit #2"					
Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake
22	23	24	25	25	27	28
	Fit3 video of the week: "Strength Progression"					
Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake
29	30	31	<ul style="list-style-type: none"> • Pushups may be done in multiple sets to complete the daily total • Select a modification that is challenging, but can be completed with proper form. Pushup modifications can be found at: https://www.darebee.com/pushups-guide.html • Complete video of the week once or twice that week • Fit3 workout videos can be found at: https://reliv.com/workouts 			
Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake				

