



fit³

JANUARY 2021
BETTER BALANCE CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1	2
					Daily Move: 30 seconds each side	
					Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake
3	4	5	6	7	8	9
	Daily Move: 30 seconds each side					
Reliv Shake Rest or makeup day	Standing Leg Extension Reliv Shake	Side Leg Raise Reliv Shake	Heel lifts with Arm Raise Reliv Shake	Tree Pose Reliv Shake	Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake
10	11	12	13	14	15	16
	Daily Move: 40 seconds each side					
Reliv Shake Rest or makeup day	Standing Leg Extension Reliv Shake	Side Leg Raise Reliv Shake	Heel lifts with Arm Raise Reliv Shake	Tree Pose Reliv Shake	Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake
17	18	19	20	21	22	23
	Daily Move: 50 seconds each side					
Reliv Shake Rest or makeup day	Standing Leg Extension Reliv Shake	Side Leg Raise Reliv Shake	Heel lifts with Arm Raise Reliv Shake	Tree Pose Reliv Shake	Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake
24/31	25	26	27	28	29	30
	Daily Move: 60 seconds each side					
Reliv Shake Rest or makeup day	Standing Leg Extension Reliv Shake	Side Leg Raise Reliv Shake	Heel lifts with Arm Raise Reliv Shake	Tree Pose Reliv Shake	Balance Kick Back Reliv Shake	Static Bird Dog Reliv Shake

