



fit³

JULY 2021

Cardio, Core & More

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1 Floor Core Tabata Reliv Shake	2 30 Min Cardio 10 Pushups Reliv Shake	3 Plank Tabata Reliv Shake
4 Rest Reliv Shake	5 30 Min Cardio 10 Pushups Reliv Shake	6 Standing Ab Tabata Reliv Shake	7 30 Min Cardio 10 Pushups Reliv Shake	8 Floor Core Tabata Reliv Shake	9 30 Min Cardio 10 Pushups Reliv Shake	10 Plank Tabata Reliv Shake
11 Rest Reliv Shake	12 30 Min Cardio 10 Pushups Reliv Shake	13 Standing Ab Tabata Reliv Shake	14 30 Min Cardio 10 Pushups Reliv Shake	15 Floor Core Tabata Reliv Shake	16 30 Min Cardio 10 Pushups Reliv Shake	17 Plank Tabata Reliv Shake
18 Rest Reliv Shake	19 30 Min Cardio 10 Pushups Reliv Shake	20 Standing Ab Tabata Reliv Shake	21 30 Min Cardio 10 Pushups Reliv Shake	22 Floor Core Tabata Reliv Shake	23 30 Min Cardio 10 Pushups Reliv Shake	24 Plank Tabata Reliv Shake
25 Rest Reliv Shake	25 30 Min Cardio 10 Pushups Reliv Shake	27 Standing Ab Tabata Reliv Shake	28 30 Min Cardio 10 Pushups Reliv Shake	29 Floor Core Tabata Reliv Shake	30 30 Min Cardio 10 Pushups Reliv Shake	31 Plank Tabata Reliv Shake

Standing Ab Tabata

(4 minutes total)

- 20 seconds – Knee Smash – R/L
- 10 seconds – Rest
- 20 seconds – Wood Chop (right)
- 10 seconds – Rest
- 20 seconds – Knees to Elbow – R/L
- 10 seconds – Rest
- 20 seconds – Wood Chop (left)
- 10 seconds – Rest

Repeat entire tabata 1 more time

Floor Core Tabata

(4 minutes total)

- 20 seconds – Russian Twist
- 10 seconds – Rest
- 20 seconds – Flutter Kicks
- 10 seconds – Rest
- 20 seconds – Heel Touch
- 10 seconds – Rest
- 20 seconds – Flat Bicycle
- 20 seconds – Rest

Repeat entire tabata 1 more time

Plank Tabata

(4 minutes total)

- 20 seconds – Shoulder Tap Plank
- 10 seconds – Rest
- 20 seconds – Side Plank Left
- 10 seconds – Rest
- 20 seconds – Tap Out Plank
- 10 seconds – Rest
- 20 seconds – Side Plank Right
- 10 seconds – Rest

Repeat entire tabata 1 more time