



# fit<sup>3</sup>

## JUNE 2021

| sunday                   | monday  | tuesday   | wednesday   | thursday  | friday  | saturday  |
|--------------------------|---|---|---|---|---|---|
|                          |   | <b>1</b><br>10 Pushups<br>2 x 10 Squats<br>Reliv Shake  | <b>2</b><br>10 Pushups<br>2 x 10 Squats<br>Reliv Shake  | <b>3</b><br>10 Pushups<br>2 x 10 Squats<br>Reliv Shake  | <b>4</b><br>10 Pushups<br>2 x 10 Squats<br>Reliv Shake  | <b>5</b><br>10 Pushups<br>2 x 10 Squats<br>Reliv Shake  |
| <b>6</b><br>Reliv Shake  | <b>7</b><br>10 Pushups<br>2 x 12 Squats<br>Reliv Shake  | <b>8</b><br>10 Pushups<br>2 x 12 Squats<br>Reliv Shake  | <b>9</b><br>10 Pushups<br>2 x 12 Squats<br>Reliv Shake  | <b>10</b><br>10 Pushups<br>2 x 12 Squats<br>Reliv Shake   | <b>11</b><br>10 Pushups<br>2 x 12 Squats<br>Reliv Shake | <b>12</b><br>10 Pushups<br>2 x 12 Squats<br>Reliv Shake |
| <b>13</b><br>Reliv Shake | <b>14</b><br>10 Pushups<br>3 x 10 Squats<br>Reliv Shake | <b>15</b><br>10 Pushups<br>3 x 10 Squats<br>Reliv Shake | <b>16</b><br>10 Pushups<br>3 x 10 Squats<br>Reliv Shake | <b>17</b><br>10 Pushups<br>3 x 10 Squats<br>Reliv Shake   | <b>18</b><br>10 Pushups<br>3 x 10 Squats<br>Reliv Shake | <b>19</b><br>10 Pushups<br>3 x 10 Squats<br>Reliv Shake |
| <b>20</b><br>Reliv Shake | <b>21</b><br>10 Pushups<br>3 x 12 Squats<br>Reliv Shake | <b>22</b><br>10 Pushups<br>3 x 12 Squats<br>Reliv Shake | <b>23</b><br>10 Pushups<br>3 x 12 Squats<br>Reliv Shake | <b>24</b><br>10 Pushups<br>3 x 12 Squats<br>Reliv Shake   | <b>25</b><br>10 Pushups<br>3 x 12 Squats<br>Reliv Shake | <b>26</b><br>10 Pushups<br>3 x 12 Squats<br>Reliv Shake |
| <b>27</b><br>Reliv Shake | <b>28</b><br>10 Pushups<br>3 x 15 Squats<br>Reliv Shake | <b>29</b><br>10 Pushups<br>3 x 15 Squats<br>Reliv Shake | <b>30</b><br>10 Pushups<br>3 x 15 Squats<br>Reliv Shake | <p><b>Pushups</b> – select a variation that allows you to complete most repetitions through a full range of motion and progress to a more difficult variation as strength increases (eg. hands on a lower surface)</p> <p><b>Squats</b> – may be done with body weight or using added resistance by holding a weighted object. Rest 30-60 seconds between sets.</p> |   |   |
|                          |   |   |   |   |   |   |

