



fit³

MARCH 2021

MARCH MADNESS PLANK CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	5	6
	Daily Move: Hold the plank position for 30 seconds — Fit3 Video: Strength Progression					
	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake
7	8	9	10	11	12	13
	Daily Move: Hold the plank position for 40 seconds — Fit3 Video: Active Recovery					
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake
14	15	16	17	18	19	20
	Daily Move: Hold the plank position for 50 seconds — Fit3 Video: Beginner Strength					
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake
21	22	23	24	25	26	27
	Daily Move: Hold the plank position for 60 seconds — Fit3 Video: Beginner Cardio					
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake
28	29	30	31	<ul style="list-style-type: none"> • Planks may be performed with hands elevated on a counter, desk or bench. Total time may be broken down into shorter increments • Modify with any of these variations: https://greatist.com/move/plank-variations-for-core-strength#advanced • Complete the Fit3 video of the week once or twice during that week - https://reliv.com/workouts 		
	Daily Move: Hold plank position for 60 seconds					
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake			

