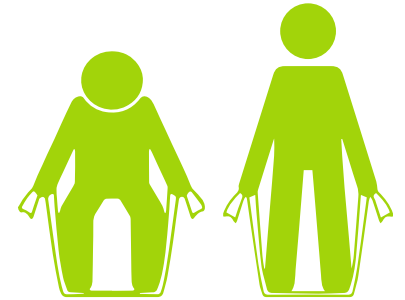




MAY 2021
#RELIVSTRONG



sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1
Daily Move: 2 sets x 10 reps – Fit3 video of the week: "Beginner Circuit Workout"						
*Daily moves are demonstrated using resistance bands at: https://greatist.com/fitness/resistance-band-exercises Fit3 Videos: https://reliv.com/workouts						Leg Extension Reliv Shake
2	3	4	5	6	7	8
Daily Move: 2 sets x 10 reps – Fit3 video of the week: "Active Recovery"						
Reliv Shake	Front Squat Reliv Shake	Lateral Band Walk Reliv Shake	Glute Bridge Reliv Shake	Lunge Reliv Shake	Standing Abduction Reliv Shake	Leg Extension Reliv Shake
9	10	11	12	13	14	15
Daily Move: 2 sets x 12 reps – Fit3 video of the week: "Intermediate Circuit"						
Reliv Shake	Front Squat Reliv Shake	Lateral Band Walk Reliv Shake	Glute Bridge Reliv Shake	Lunge Reliv Shake	Standing Abduction Reliv Shake	Leg Extension Reliv Shake
16	17	18	19	20	21	22
Daily Move: 3 sets x 10 reps – Fit3 video of the week: "Cardio Level 1 & 2"						
Reliv Shake	Front Squat Reliv Shake	Lateral Band Walk Reliv Shake	Glute Bridge Reliv Shake	Lunge Reliv Shake	Standing Abduction Reliv Shake	Leg Extension Reliv Shake
23/30	24/31	25	26	27	28	29
Daily Move: 3 sets x 12 reps – Fit3 video of the week: "Low Impact Cardio"						
Reliv Shake	Front Squat Reliv Shake	Lateral Band Walk Reliv Shake	Glute Bridge Reliv Shake	Lunge Reliv Shake	Standing Abduction Reliv Shake	Leg Extension Reliv Shake

