



fit³

NOVEMBER 2021
PUSHUP AND STRETCH CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	5	6
	Daily: 10 pushups, Childs Pose Stretch, Kneeling TA Stretch, OH Triceps Stretch, Supine IT Band Stretch					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
7	8	9	10	11	12	13
	Daily: 12 pushups, Seated Butterfly Stretch, Seated Straddle Stretch, Standing Dorsi-Flexion (calf stretch)					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
14	15	16	17	18	19	20
	Daily: 15 pushups, Side-lying Quad Stretch, Leg Cross-over Stretch, Cat-Cow, Seated Straddle Stretch					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
21	22	23	24	25	26	27
	Daily: 20 pushups, Kneeling Hip Flexor Stretch, Modified Hurdler's Stretch, Childs Pose Stretch					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
28	29	30	Stretch demonstrations available at: https://www.acefitness.org/education-and-resources/lifestyle/exercise-library Hold each stretch position for 15-30 seconds at a time for a total of 2-4 repetitions; try to move into the stretch a little deeper with each repetition, but be sure to keep your body in alignment.			
	Daily: 25 pushups					
Reliv Shake	Reliv Shake	Reliv Shake				

