



# fit<sup>3</sup>

JULY 2022

## Cardio, Core & More

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