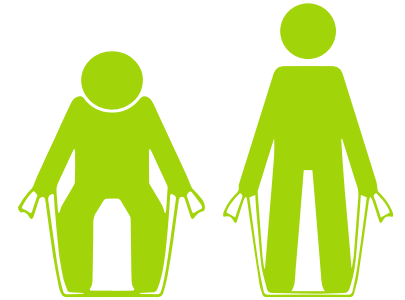




fit<sup>3</sup>

MAY 2022  
#RELIVSTRONG



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

