



APRIL 2023 UPPERCUT CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
• Use a resistance band for each daily move – moves are described here: Exercises (gethealthyu.com) • Complete video of the week one or two times. www.reliv.com/workouts						1
						2 sets x 10 reps
						Seated Row Reliv Shake
2	3	4	5	6	7	8
Daily Move: 2 sets x 12 reps – Fit3 video of the week: “Beginner Strength”						
Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Extension Reliv Shake	Overhead Shoulder Press Reliv Shake	Seated Row Reliv Shake
9	10	11	12	13	14	15
Daily Move: 3 sets x 10 reps – Fit3 video of the week: “Beginner Circuit #2”						
Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Extension Reliv Shake	Overhead Shoulder Press Reliv Shake	Seated Row Reliv Shake
16	17	18	19	20	21	22
Daily Move: 3 sets x 12 reps – Fit3 video of the week: “Intermediate Circuit”						
Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Extension Reliv Shake	Overhead Shoulder Press Reliv Shake	Seated Row Reliv Shake
23/30	24	25	26	27	28	29
Daily Move: 3 sets x 12 reps – Fit3 video of the week: “Strength Progression”						
Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Extension Reliv Shake	Overhead Shoulder Press Reliv Shake	Seated Row Reliv Shake

