



MARCH 2023
MARCH MADNESS PLANK CHALLENGE

sunday		monday	tuesday	wednesday	thursday	friday	saturday
Planks may be performed with hands elevated on a counter, desk or bench. Total time may be broken down into shorter increments. Modify with any of these variations: https://greatist.com/move/plank-variations-for-core-strength#advanced				1	2	3	4
				Daily Move: Hold the plank position for 30 seconds			
				Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake
5	6	7	8	9	10	11	
Daily Move: Hold the plank position for 40 seconds — Fit3 Video: Active Recovery							
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake	
12	13	14	15	16	17	18	
Daily Move: Hold the plank position for 50 seconds — Fit3 Video: Beginner Strength							
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake	
19	20	21	22	23	24	25	
Daily Move: Hold the plank position for 60 seconds — Fit3 Video: Beginner Cardio							
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake	Tap-out Plank Reliv Shake	
26	27	28	29	30	31	Complete the Fit3 video of the week once or twice during that week - https://reliv.com/workouts	
Daily Move: Hold plank position for 60 seconds — Fit3 Video: Cardio Level 1 & 2							
Reliv Shake	High Plank Reliv Shake	Forearm Plank Reliv Shake	Side Plank-each side Reliv Shake	Shoulder Tap Plank Reliv Shake	Wide-Leg Plank Reliv Shake		

