



April 2019 – Upper Body Builder

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Daily Move: 2 sets x 10 reps – Fit3 video of the week: "Cardio Level 1 & 2"						
Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Kickback Reliv Shake	Lateral Shoulder Raise Reliv Shake	Seated Row Reliv Shake
7	8	9	10	11	12	13
Daily Move: 2 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 Kickback Reliv Shake	Lateral Shoulder Raise Reliv Shake	Seated Row Reliv Shake
14	15	16	17	18	19	20
Daily Move: 3 sets x 10 reps – Fit3 video of the week: "Beginner Cardio"						
Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Kickback Reliv Shake	Lateral Shoulder Raise Reliv Shake	Seated Row Reliv Shake
21	22	23	24	25	26	27
Daily Move: 3 sets x 12 reps – Fit3 video of the week: "Sculpt & Tone"						
Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Kickback Reliv Shake	Lateral Shoulder Raise Reliv Shake	Seated Row Reliv Shake
28	29	30				
Daily Move: 3 sets x 12 reps – Fit3 video of the week: "Active Recovery"						
Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	<ul style="list-style-type: none"> • Use hand weights or resistance band for each move. • Complete video of the week one or two times. 			

