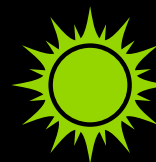
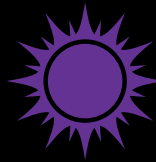




# fit3™



## August 2019 – Tabata Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	4 Rounds: 20 seconds work, 10 seconds recovery (2 minutes total)					
				Bicycles Reliv Shake	Bicep Curls Reliv Shake	Static Lunge Reliv Shake
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	5 Rounds: 20 seconds work, 10 seconds recovery (2:30 minutes total)					
Reliv Shake	Plank Reliv Shake	Squats Reliv Shake	Shoulder Press Reliv Shake	Bicycles Reliv Shake	Bicep Curls Reliv Shake	Static Lunge Reliv Shake
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	6 Rounds: 20 seconds work, 10 seconds recovery (3:00 minutes total)					
Reliv Shake	Plank Reliv Shake	Squats Reliv Shake	Shoulder Press Reliv Shake	Bicycles Reliv Shake	Bicep Curls Reliv Shake	Static Lunge Reliv Shake
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	7 Rounds: 20 seconds work, 10 seconds recovery (3:30 minutes total)					
Reliv Shake	Plank Reliv Shake	Squats Reliv Shake	Shoulder Press Reliv Shake	Bicycles Reliv Shake	Bicep Curls Reliv Shake	Static Lunge Reliv Shake
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	8 Rounds: 20 seconds work, 10 seconds recovery (4:00 minutes total)					
Reliv Shake	Plank Reliv Shake	Squats Reliv Shake	Shoulder Press Reliv Shake	Bicycles Reliv Shake	Bicep Curls Reliv Shake	

