



December 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

- Pushups – focus on completing all repetitions through a full range of motion.
 - Squats – may be done with body weight or using added resistance by holding a weighted object.
- Rest 30-60 seconds between sets.

2
Reliv Shake

3
10 Pushups
2 x 10 Squats
Reliv Shake

4
10 Pushups
2 x 10 Squats
Reliv Shake

5
10 Pushups
2 x 10 Squats
Reliv Shake

6
10 Pushups
2 x 10 Squats
Reliv Shake

7
10 Pushups
2 x 10 Squats
Reliv Shake

8
10 Pushups
2 x 10 Squats
Reliv Shake

9
Reliv Shake

10
10 Pushups
2 x 12 Squats
Reliv Shake

11
10 Pushups
2 x 12 Squats
Reliv Shake

12
10 Pushups
2 x 12 Squats
Reliv Shake

13
10 Pushups
2 x 12 Squats
Reliv Shake

14
10 Pushups
2 x 12 Squats
Reliv Shake

15
10 Pushups
2 x 12 Squats
Reliv Shake

16
Reliv Shake

17
10 Pushups
3 x 10 Squats
Reliv Shake

18
10 Pushups
3 x 10 Squats
Reliv Shake

19
10 Pushups
3 x 10 Squats
Reliv Shake

20
10 Pushups
3 x 10 Squats
Reliv Shake

21
10 Pushups
3 x 10 Squats
Reliv Shake

22
10 Pushups
3 x 10 Squats
Reliv Shake

23
Reliv Shake

24
10 Pushups
3 x 12 Squats
Reliv Shake

25
10 Pushups
3 x 12 Squats
Reliv Shake

26
10 Pushups
3 x 12 Squats
Reliv Shake

27
10 Pushups
3 x 12 Squats
Reliv Shake

28
10 Pushups
3 x 12 Squats
Reliv Shake

29
10 Pushups
3 x 12 Squats
Reliv Shake

30
Reliv Shake

31
10 Pushups
3 x 12 Squats
Reliv Shake

