



December 2019 – Lower Body w/Resistance Band

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Daily Move: 2 sets x 10 reps – Fit3 video of the week: “Beginner Cardio”						
Reliv Shake	Leg Extension Reliv Shake	Stand Abduction Reliv Shake	Squat Reliv Shake	Lateral Band Walk Reliv Shake	Supinated Clamshell Reliv Shake	Lunge Reliv Shake
8	9	10	11	12	13	14
Daily Move: 2 sets x 12 reps – Fit3 video of the week: “Beginner Circuit Workout”						
Reliv Shake	Leg Extension Reliv Shake	Stand Abduction Reliv Shake	Squat Reliv Shake	Lateral Band Walk Reliv Shake	Supinated Clamshell Reliv Shake	Lunge Reliv Shake
13	14	15	16	17	18	19
Daily Move: 3 sets x 10 reps – Fit3 video of the week: “Active Recovery”						
Reliv Shake	Leg Extension Reliv Shake	Stand Abduction Reliv Shake	Squat Reliv Shake	Lateral Band Walk Reliv Shake	Supinated Clamshell Reliv Shake	Lunge Reliv Shake
20	21	22	23	24	25	26
Daily Move: 3 sets x 12 reps – Fit3 video of the week: “Sculpt & Tone”						
Reliv Shake	Leg Extension Reliv Shake	Stand Abduction Reliv Shake	Squat Reliv Shake	Lateral Band Walk Reliv Shake	Supinated Clamshell Reliv Shake	Lunge Reliv Shake
27	28	29	<ul style="list-style-type: none"> Drink your Reliv shake EVERY day! Using a resistance band, perform the number of sets and reps indicated for the daily move. Each move is explained and demonstrated here: https://greatist.com/fitness/resistance-band-exercises. Missed days can be made up at any time during the week. Modify or substitute other upper body moves as needed. Complete the Fit3 video of the week once or twice during that week - https://reliv.com/workouts 			
Daily Move: 3 sets x 12 reps						
Reliv Shake	Leg Extension Reliv Shake	Stand Abduction Reliv Shake				

