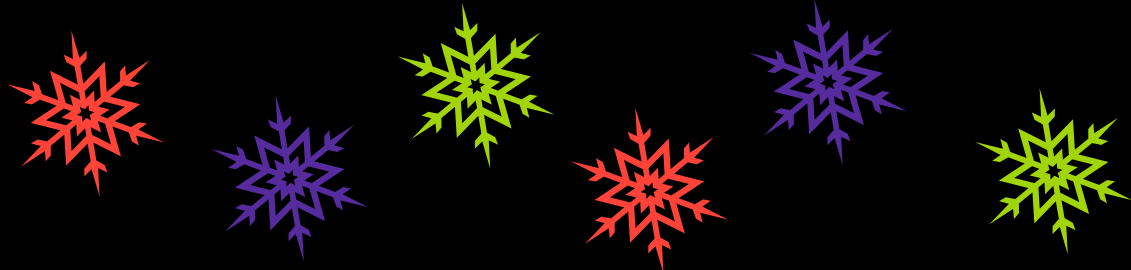




fit3™



January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 Pushups 30-second plank Reliv Shake	2 10 Pushups 30-second plank Reliv Shake	3 10 Pushups 30-second plank Reliv Shake	4 10 Pushups 30-second plank Reliv Shake	5 10 Pushups 30-second plank Reliv Shake
6 Reliv Shake	7 10 Pushups 35-second plank Reliv Shake	8 10 Pushups 35-second plank Reliv Shake	9 10 Pushups 35-second plank Reliv Shake	10 10 Pushups 35-second plank Reliv Shake	11 10 Pushups 35-second plank Reliv Shake	12 10 Pushups 35-second plank Reliv Shake
13 Reliv Shake	14 10 Pushups 40-second plank Reliv Shake	15 10 Pushups 40-second plank Reliv Shake	16 10 Pushups 40-second plank Reliv Shake	17 10 Pushups 40-second plank Reliv Shake	18 10 Pushups 40-second plank Reliv Shake	19 10 Pushups 40-second plank Reliv Shake
20 Reliv Shake	21 10 Pushups 45-second plank Reliv Shake	22 10 Pushups 45-second plank Reliv Shake	23 10 Pushups 45-second plank Reliv Shake	24 10 Pushups 50-second plank Reliv Shake	25 10 Pushups 50-second plank Reliv Shake	26 10 Pushups 50-second plank Reliv Shake
27 Reliv Shake	28 10 Pushups 55-second plank Reliv Shake	29 10 Pushups 55-second plank Reliv Shake	30 10 Pushups 55-second plank Reliv Shake	31 10 Pushups 60-second plank Reliv Shake		

- Pushups – focus on completing all repetitions through a full range of motion. Modify as necessary by placing hands on an elevated surface.
- Planks – may be done with hands elevated on a bench or with hands/forearms on the floor.
- Planks may be broken down into 10-second increments to total the desired length of time.

