



fit3™



July 2019 – 3 x 30 Strong Core Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Flutter Kicks, Crunch, Plank			Leg Raises, Reverse Crunch, Plank Punch		
	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
7	8	9	10	11	12	13
	Sitting Twist, High Crunch, Plank Step-outs			Sit-ups, Heel Taps, Up & Down Planks		
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
14	15	16	17	18	19	20
	Pulse-ups, Bridge, Slow Climbers			Hundreds, Superman, Body Saws		
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
21	22	23	24	25	26	27
	Taps Toe, Knees-to-Elbows, Plank Walk-outs			Butterfly Sit-ups, Air Bike Crunch, Plank Rolls		
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
28	29	30	31			
	Leg Raises, Heel Taps, Plank					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake			

- Perform each of the 3 moves for 30 seconds on 3 consecutive days
- Demonstration of each move is available at: <https://www.darebee.com/exercises.html>
- Modify any move that causes discomfort. Support the head and neck when needed.