



# fit3™



## March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Moves to be completed each day include plank, Russian twist and mountain climbers for the time indicated. Times are indicated on each day in the following format, based on the number of seconds for each movement: 30/15/30 – plank for 30 seconds, Russian twist for 15 seconds and mountain climbers for 30 seconds.					<b>1</b> 30/15/30 Reliv Shake	<b>2</b> 30/15/30 Reliv Shake
<b>3</b> Reliv Shake	<b>4</b> 30/15/30 Reliv Shake	<b>5</b> 30/15/30 Reliv Shake	<b>6</b> 30/15/30 Reliv Shake	<b>7</b> 30/20/30 Reliv Shake	<b>8</b> 30/20/30 Reliv Shake	<b>9</b> 30/20/30 Reliv Shake
<b>10</b> Reliv Shake	<b>11</b> 35/20/35 Reliv Shake	<b>12</b> 35/20/35 Reliv Shake	<b>13</b> 35/20/35 Reliv Shake	<b>14</b> 40/20/35 Reliv Shake	<b>15</b> 40/20/35 Reliv Shake	<b>16</b> 40/20/35 Reliv Shake
<b>17</b> Reliv Shake	<b>18</b> 40/25/40 Reliv Shake	<b>19</b> 40/25/40 Reliv Shake	<b>20</b> 40/25/40 Reliv Shake	<b>21</b> 45/30/45 Reliv Shake	<b>22</b> 45/30/45 Reliv Shake	<b>23</b> 45/30/45 Reliv Shake
<b>24</b> Reliv Shake	<b>25</b> 55/40/55 Reliv Shake	<b>26</b> 55/40/55 Reliv Shake	<b>27</b> 55/40/55 Reliv Shake	<b>28</b> 60/45/60 Reliv Shake	<b>29</b> 60/45/60 Reliv Shake	<b>30</b> 60/45/60 Reliv Shake
<b>31</b> Reliv Shake	<ul style="list-style-type: none"> <li>• Planks and mountain climbers – may be done with hands elevated on a bench or with hands/forearms on the floor.</li> <li>• Planks may be broken down into 10-second increments to total the desired length of time.</li> <li>• Russian twists may be done seated in a chair or on the floor.</li> <li>• Modify or substitute any moves as needed.</li> </ul>					

