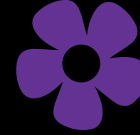




fit3™



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Reliv Shake 10 sit ups 10 crunches	2 Reliv Shake 10 pushups 30-sec. plank	3 Reliv Shake 10 squats 10 lunges	4 Reliv Shake 10 sit ups 15 crunches
5 Reliv Shake Rest or makeup day	6 Reliv Shake 10 pushups 30-sec. plank	7 Reliv Shake 15 squats 10 lunges	8 Reliv Shake 10 sit ups 15 crunches	9 Reliv Shake 15 pushups 35-sec. plank	10 Reliv Shake 15 squats 15 lunges	11 Reliv Shake 15 sit ups 20 crunches
12 Reliv Shake Rest or makeup day	13 Reliv Shake 15 pushups 40-sec. plank	14 Reliv Shake 20 squats 15 lunges	15 Reliv Shake 15 sit ups 20 crunches	16 Reliv Shake 20 pushups 40-sec. plank	17 Reliv Shake 20 squats 20 lunges	18 Reliv Shake 15 sit ups 25 crunches
19 Reliv Shake Rest or makeup day	20 Reliv Shake 20 pushups 45-sec. plank	21 Reliv Shake 25 squats 20 lunges	22 Reliv Shake 20 sit ups 25 crunches	23 Reliv Shake 20 pushups 45-sec. plank	24 Reliv Shake 30 squats 20 lunges	25 Reliv Shake 20 sit ups 30 crunches
26 Reliv Shake Rest or makeup day	27 Reliv Shake 25 pushups 45-sec. plank	28 Reliv Shake 35 squats 20 lunges	29 Reliv Shake 25 sit ups 30 crunches	30 Reliv Shake 25 pushups 60-sec. plank	31 Reliv Shake 40 squats 25 lunges	

