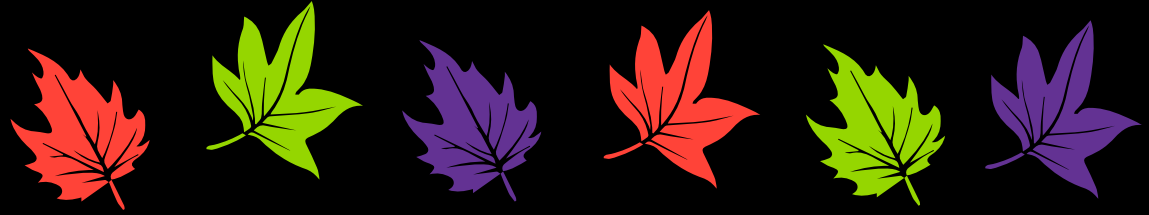




# fit3™



## November 2019 – Upper Body w/Resistance Band

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>• Drink your Reliv shake EVERY day!</li> <li>• Using a resistance band, perform the number of sets and reps indicated for the daily move. Each move is explained and demonstrated here: <a href="https://greatist.com/fitness/resistance-band-exercises">https://greatist.com/fitness/resistance-band-exercises</a> Missed days can be made up at any time during the week. Modify or substitute other upper body moves as needed</li> <li>• Complete the Fit3 video of the week once or twice during that week - <a href="https://reliv.com/workouts">https://reliv.com/workouts</a></li> </ul>					1	2
					Daily Move: 2 sets x 10 reps	
					Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake
3	4	5	6	7	8	9
Daily Move: 2 sets x 12 reps – Fit3 video of the week: “Beginner Strength Training Workout”						
Reliv Shake	Lateral Raise Reliv Shake	Seated Row Reliv Shake	Triceps Kickback Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake
10	11	12	13	14	15	16
Daily Move: 3 sets x 10 reps – Fit3 video of the week: “Intermediate Circuit Workout”						
Reliv Shake	Lateral Raise Reliv Shake	Seated Row Reliv Shake	Triceps Kickback Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake
17	18	19	20	21	22	23
Daily Move: 3 sets x 12 reps – Fit3 video of the week: “Strength Progression”						
Reliv Shake	Lateral Raise Reliv Shake	Seated Row Reliv Shake	Triceps Kickback Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake
24	25	26	27	28	29	30
Daily Move: 3 sets x 12 reps – Fit3 video of the week: “Cardio Level 1 & 2”						
Reliv Shake	Lateral Raise Reliv Shake	Seated Row Reliv Shake	Triceps Kickback Reliv Shake	Pushups Reliv Shake	Standing Biceps Curl Reliv Shake	Upright Row Reliv Shake

