



fit3™



October 2019 – Partner 100 Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 100 Squats Reliv Shake	2 100 Jumping Jacks Reliv Shake	3 100 Crunches Reliv Shake	4 100 Pushups Reliv Shake	5 100 Lunges Reliv Shake
6 Reliv Shake	7 100 Russian Twists Reliv Shake	8 100 Squats Reliv Shake	9 100 Jumping Jacks Reliv Shake	10 100 Crunches Reliv Shake	11 100 Pushups Reliv Shake	12 100 Lunges Reliv Shake
13 Reliv Shake	14 100 Russian Twists Reliv Shake	15 100 Squats Reliv Shake	16 100 Jumping Jacks Reliv Shake	17 100 Crunches Reliv Shake	18 100 Pushups Reliv Shake	19 100 Lunges Reliv Shake
20 Reliv Shake	21 100 Russian Twists Reliv Shake	22 100 Squats Reliv Shake	23 100 Jumping Jacks Reliv Shake	24 100 Crunches Reliv Shake	25 100 Pushups Reliv Shake	26 100 Lunges Reliv Shake
27 Reliv Shake	28 100 Russian Twists Reliv Shake	29 100 Squats Reliv Shake	30 100 Jumping Jacks Reliv Shake	31 100 Crunches Reliv Shake		

- Pick a partner. Each day, divide the 100 repetitions of each exercise between you and your partner, (50/50, 80/20... you decide)
- Repetitions may be broken down into sets
- Select a modification that is challenging, but can be completed with proper form.
Pushup modifications can be found at: <https://www.darebee.com/pushups-guide.html>.

