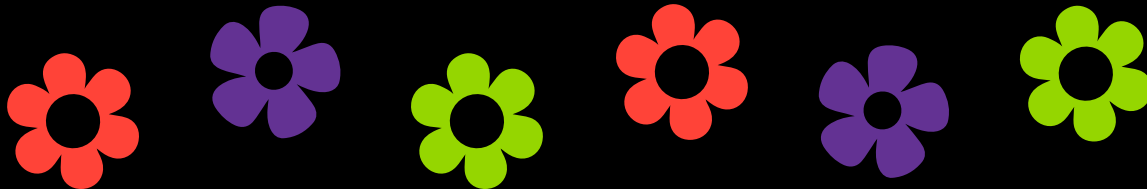




fit3™



September 2019 – Pushup and Stretch Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Daily: 10 pushups, Childs Pose Stretch, Kneeling TA Stretch, OH Triceps Stretch, Supine IT Band Stretch					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
8	9	10	11	12	13	14
	Daily: 12 pushups, Seated Butterfly Stretch, Seated Straddle Stretch, Standing Dorsi-Flexion (calf stretch)					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
15	16	17	18	19	20	21
	Daily: 15 pushups, Side-lying Quad Stretch, Leg Cross-over Stretch, Cat-Cow, Seated Straddle Stretch					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
22	23	24	25	26	27	28
	Daily: 20 pushups, Kneeling Hip Flexor Stretch, Modified Hurdler's Stretch, Childs Pose Stretch					
Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake	Reliv Shake
29	30	Stretch demonstrations available at: https://www.acefitness.org/education-and-resources/lifestyle/exercise-library				
Reliv Shake	Reliv Shake	Hold each stretch position for 15-30 seconds at a time for a total of 2-4 repetitions; try to move into the stretch a little deeper with each repetition, but be sure to keep your body in alignment. Complete all repetitions on one side before alternating to the other side.				

