



# fit<sup>3</sup>

## APRIL 2022 UPPERCUT CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<ul style="list-style-type: none"> <li>• Use hand weights or resistance band for each daily move.</li> <li>• Complete video of the week one or two times.</li> </ul>					<b>1</b>	<b>2</b>
					Daily Move: 2 sets x 10 reps	
					Lateral Shoulder Raise Reliv Shake	Seated Row Reliv Shake
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Daily Move: 2 sets x 12 reps – Fit3 video of the week: "Beginner Strength"						
Reliv Shake	Pushups Reliv Shake	Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Kickback Reliv Shake	Lateral Shoulder Raise Reliv Shake	Seated Row Reliv Shake
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Daily Move: 3 sets x 10 reps – Fit3 video of the week: "Beginner Circuit #2"						
Reliv Shake	Pushups Reliv Shake	Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Kickback Reliv Shake	Lateral Shoulder Raise Reliv Shake	Seated Row Reliv Shake
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Daily Move: 3 sets x 12 reps – Fit3 video of the week: "Intermediate Circuit"						
Reliv Shake	Pushups Reliv Shake	Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Kickback Reliv Shake	Lateral Shoulder Raise Reliv Shake	Seated Row Reliv Shake
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Daily Move: 3 sets x 12 reps – Fit3 video of the week: "Strength Progression"						
Reliv Shake	Pushups Reliv Shake	Biceps Curl Reliv Shake	Upright Row Reliv Shake	Triceps Kickback Reliv Shake	Lateral Shoulder Raise Reliv Shake	Seated Row Reliv Shake

