



fit<sup>3</sup>

AUGUST 2022

500 Pushups

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
		Fit3 video of the week: "Beginner Strength"					
		10 Pushups Reliv Shake	10 Pushups Reliv Shake	10 Pushups Reliv Shake	10 Pushups Reliv Shake	10 Pushups Reliv Shake	10 Pushups Reliv Shake
<b>7</b>		<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
		Fit3 video of the week: "Beginner Circuit"					
Reliv Shake		15 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	15 Pushups Reliv Shake	20 Pushups Reliv Shake
<b>14</b>		<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
		Fit3 video of the week: "Beginner Circuit #2"					
Reliv Shake		20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake	20 Pushups Reliv Shake
<b>21</b>		<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
		Fit3 video of the week: "Strength Progression"					
Reliv Shake		25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake
<b>28</b>		<b>29</b>	<b>30</b>	<b>31</b>	<ul style="list-style-type: none"> <li>• Pushups may be done in multiple sets to complete the daily total</li> <li>• Select a modification that is challenging, but can be completed with proper form. Pushup modifications can be found at: <a href="https://www.darebee.com/pushups-guide.html">https://www.darebee.com/pushups-guide.html</a></li> <li>• Complete video of the week once or twice that week</li> <li>• Fit3 workout videos can be found at: <a href="https://reliv.com/workouts">https://reliv.com/workouts</a></li> </ul>		
Reliv Shake		25 Pushups Reliv Shake	25 Pushups Reliv Shake	25 Pushups Reliv Shake			

