



fit³

NOVEMBER 2022
PUSHUP AND STRETCH CHALLENGE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
Stretch demonstrations available at: https://www.acefitness.org/education-and-resources/lifestyle/exercise-library		1	2	3	4	5
		Daily: 10 pushups, Childs Pose Stretch, Kneeling TA Stretch, OH Triceps Stretch, Supine IT Band Stretch				
6 Reliv Shake	7	8	9	10	11	12
	Daily: 12 pushups, Seated Butterfly Stretch, Seated Straddle Stretch, Standing Dorsi-Flexion (calf stretch)					Reliv Shake
13 Reliv Shake	14	15	16	17	18	19
	Daily: 15 pushups, Side-lying Quad Stretch, Leg Cross-over Stretch, Cat-Cow, Seated Straddle Stretch					Reliv Shake
20 Reliv Shake	21	22	23	24	25	26
	Daily: 20 pushups, Kneeling Hip Flexor Stretch, Modified Hurdler's Stretch, Childs Pose Stretch					Reliv Shake
27 Reliv Shake	28	29	30	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.		
	Daily: 25 pushups		Reliv Shake			

