



OCTOBER 2022  
**BACK BUILDER CHALLENGE**

sunday	monday	tuesday	wednesday	thursday	friday	saturday				
<ul style="list-style-type: none"> <li>Moves can be performed with body weight only or with light dumbbells or other hand-held weights for additional resistance.</li> <li>Complete video of the week one or two times – <a href="http://www.reliv.com/workouts">www.reliv.com/workouts</a></li> </ul>						<b>1</b>				
					Daily Move: 2 sets x 10 reps					
					10 min stretch Reliv Shake					
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>				
Daily Move: 2 sets x 10 reps – Fit3 video of the week: "Cardio Level 1 & 2"										
Reliv Shake	Supermans Reliv Shake	Bird Dog Reliv Shake	One-arm row Reliv Shake	T-Raises Reliv Shake	Good Mornings Reliv Shake	10 min stretch Reliv Shake				
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>				
Daily Move: 2 sets x 10 reps – Fit3 video of the week: "Strength Progression"										
Reliv Shake	Supermans Reliv Shake	Bird Dog Reliv Shake	One-arm row Reliv Shake	T-Raises Reliv Shake	Good Mornings Reliv Shake	10 min stretch Reliv Shake				
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>				
Daily Move: 2 sets x 10 reps – Fit3 video of the week: "Beginner Cardio"										
Reliv Shake	Supermans Reliv Shake	Bird Dog Reliv Shake	One-arm row Reliv Shake	T-Raises Reliv Shake	Good Mornings Reliv Shake	10 min stretch Reliv Shake				
<b>23/30</b>	<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>				
Daily Move: 2 sets x 10 reps – Fit3 video of the week: "Wake-Up Workout"										
Reliv Shake	Supermans Reliv Shake	Bird Dog Reliv Shake	One-arm row Reliv Shake	T-Raises Reliv Shake	Good Mornings Reliv Shake	10 min stretch Reliv Shake				

