

Arm Circles	Arm Raises	Single Chest Press Pulse	Half Cobra Push Up	Up Up Down Downs
☐ 10 Arm Circles ☐ 10 Arm Raises ☐ 10 Single Chest Press Pulses	☐ 11 Arm Circles ☐ 11 Arm Raises ☐ 11 Single Chest Press Pulses	☐ 12 Arm Circles ☐ 12 Arm Raises ☐ 12 Single Chest Press Pulses	☐ 13 Arm Circles ☐ 13 Arm Raises ☐ 13 Single Chest Press Pulses	☐ 14 Arm Circles ☐ 14 Arm Raises ☐ 14 Single Chest Press Pulses
☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 5 Half Cobra Push Ups	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 6 Half Cobra Push Ups	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 7 Half Cobra Push Ups	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 8 Half Cobra Push Ups	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 9 Half Cobra Push Ups
☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 11 Half Cobra Push Ups ☐ 5 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 12 Half Cobra Push Ups ☐ 6 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 13 Half Cobra Push Ups ☐ 7 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 14 Half Cobra Push Ups ☐ 8 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 15 Half Cobra Push Ups ☐ 9 Up Up Down Downs
☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 16 Half Cobra Push Ups ☐ 10 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 17 Half Cobra Push Ups ☐ 11 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 18 Half Cobra Push Ups ☐ 12 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 19 Half Cobra Push Ups ☐ 13 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 20 Half Cobra Push Ups ☐ 14 Up Up Down Downs
☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 21 Half Cobra Push Ups ☐ 15 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 22 Half Cobra Push Ups ☐ 16 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 23 Half Cobra Push Ups ☐ 17 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 24 Half Cobra Push Ups ☐ 18 Up Up Down Downs	☐ 15 Arm Circles ☐ 15 Arm Raises ☐ 15 Single Chest Press Pulses ☐ 25 Half Cobra Push Ups ☐ 19 Up Up Down Downs

30 Day Arm Challenge Workouts

75 Squats 9 PushUps 50 Leg Lifts	80 Squats PushUp REST 55 Leg Lifts	Squat REST 8 PushUps 60 Leg Lifts	100 Squats 9 PushUps Leg Lifts REST	105 Squats 10 PushUps 65 Leg Lifts
Day 11	Day 12	Day 13	Day 14	Day 15
110 Squats 10 PushUps 75 Leg Lifts	Squat REST 12 PushUps 80 Leg Lifts	130 Squats 12 PushUps 85 Leg Lifts	135 Squats PushUp REST 90 Leg Lifts	140 Squats 13 PushUps 95 Leg Lifts
Day 16	Day 17	Day 18	Day 19	Day 20
Squat REST 15 PushUps 100 Leg Lifts	150 Squats 16 PushUps Leg Lifts REST	155 Squats 16 PushUps 100 Leg Lifts	160 Squats 19 PushUps 50 Leg Lifts	Squat REST 21 Pushups 60 Leg Lifts
Day 21	Day 22	Day 23	Day 24	Day 25



TRICEPS KICKBACK

OVERHEAD SHOULDER PRESS

BENT-OVER REVERSE FLY

