

21-DAY ARM-SCULPTING CHALLENGE

BICEP CURL



UPRIGHT ROW



TRICEPS KICKBACK



OVERHEAD SHOULDER PRESS



BENT-OVER REVERSE FLY



THE PLAN:

DAY 1: 8 REPS OF EACH (3X)	DAY 2: REST	DAY 3: 8 REPS OF EACH (3X)	DAY 4: REST	DAY 5: 10 REPS OF EACH (3X)	DAY 6: REST	DAY 7: 10 REPS OF EACH (3X)
DAY 8: REST	DAY 9: 12 REPS OF EACH (3X)	DAY 10: REST	DAY 11: 12 REPS OF EACH (3X)	DAY 12: REST	DAY 13: 14 REPS OF EACH (3X)	DAY 14: REST
DAY 15: 14 REPS OF EACH (3X)	DAY 16: REST	DAY 17: 15 REPS OF EACH (3X)	DAY 18: REST	DAY 19: 15 REPS OF EACH (3X)	DAY 20: REST	DAY 21: 15 REPS OF EACH (3X)