

21 DAY

Toned Arm CHALLENGE



WEEK 1	DAY 1 HIIT Your Arms & Shoulder Workout link to workout	DAY 2 Leg or Ab Workout of Choice Finish with 10 Push-ups	DAY 3 Leg or Ab Workout of Choice Finish with 15 Push-ups	DAY 4 REST	DAY 5 Summer Tricep Toning Workout link to workout	DAY 6 Leg or Ab Workout of Choice Finish with 15 Push-ups	DAY 7 Cardio Workout Finish with 20 Push-ups
	DAY 8 REST	DAY 9 HIIT Your Arms & Shoulder Workout link to workout	DAY 10 Leg or Ab Workout of Choice Finish with 15 Push-ups	DAY 11 Cardio Workout Finish with 20 Push-ups	DAY 12 20-Minute Back and Shoulders HIIT Workout link to workout	DAY 13 REST	DAY 14 Equipment-Free Upper Body Workout link to workout
	DAY 15 Leg or Ab Workout of Choice Finish with 2 Sets of 15 Push-ups	DAY 16 Cardio Workout Finish with 2 Sets of 20 Push-ups	DAY 17 REST	DAY 18 Equipment-Free Upper Body Workout link to workout	DAY 19 Leg or Ab Workout of Choice Finish with 3 Sets of 10 Push-ups	DAY 20 Cardio Workout Finish with 3 Sets of 15 Push-ups	DAY 21 Summer Tricep Toning Workout link to workout

CONGRATULATIONS! You've completed the challenge! Check out our other workout challenges at skinnyms.com.

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