

21-DAY ARM-SCULPTING CHALLENGE



BICEP CURL



UPRIGHT ROW



**OVERHEAD
SHOULDER PRESS**



TRICEPS KICKBACK



**BENT-OVER
REVERSE FLY**

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)