

March 2015



Amazing Arm Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Rest Day	1 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	1 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	1 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	Rest Day	1 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	1 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers
8	9	10	11	12	13	14
Rest Day	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	Rest Day	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers
15	16	17	18	19	20	21
Rest Day	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	Rest Day	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	2 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers
22	23	24	25	26	27	28
Rest Day	3 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	3 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	3 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	Rest Day	3 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers	3 Min of each: Plank Shoulder Press Bicep Curl Push Ups Lawn Mowers Dips Wood Choppers

