

February

2016



Amazing Arms Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Rest Day	60 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	60 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	60 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	Rest Day	60 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	60 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls
7	8	9	10	11	12	13
Rest Day	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	Rest Day	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls
14	15	16	17	18	19	20
Rest Day	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	Rest Day	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	1 Min 30 Sec of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls
21	22	23	24	25	26	27
Rest Day	2 Min of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	2 Min of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	2 Min of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	Rest Day	2 Min of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls	2 Min of each: Push Ups Dips/Triceps Ext. Up and Out Shoulders Bicep Curls

