

**May**  
**2016**



## Biceps & Triceps Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Rest Day	Rest Day	1 Min of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	1 Min of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	Rest Day	1 Min of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	1 Min of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.
8	9	10	11	12	13	14
Rest Day	1 Min 30 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	1 Min 30 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	1 Min 30 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	Rest Day	1 Min 30 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	1 Min 30 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.
15	16	17	18	19	20	21
Rest Day	1 Min 45 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	1 Min 45 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	1 Min 45 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	Rest Day	1 Min 45 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	1 Min 45 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.
22	23	24	25	26	27	28
Rest Day	2 min sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	2 min sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	2 min sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	Rest Day	2 min sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	2 min sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.
29	30	31				
Rest Day	2 min 30 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.	2 min 30 sec of each: Alternating Bicep Curls 1 Arm Triceps Kickback Hammer Curls Overhead Triceps Ext.				

