

# 30 Day Challenge

# ARM YOURSELF!



Challenge yourself to complete the thirty days and get those arms fighting fit.

Note: Modify exercises to suit your individual fitness level. As repetitions grow divide them into sets. Respect the rest days, your body needs them.

<b>DAY 1</b> 5 pushups 5 tricep dips 10 bicep curls 10 punches	<b>DAY 2</b> 8 pushups 8 tricep dips 15 bicep curls 15 punches	<b>DAY 3</b> 10 pushups 10 tricep dips 20 bicep curls 20 punches	<b>DAY 4</b> REST	<b>DAY 5</b> 12 pushups 12 tricep dips 30 bicep curls 25 punches	<b>DAY 6</b> 15 pushups 20 tricep dips 30 bicep curls 40 punches	<b>DAY 7</b> 18 pushups 25 tricep dips 50 bicep curls 35 punches
<b>DAY 8</b> REST	<b>DAY 9</b> 20 pushups 30 tricep dips 55 bicep curls 40 punches	<b>DAY 10</b> 22 pushups 35 tricep dips 60 bicep curls 45 punches	<b>DAY 11</b> 25 pushups 40 tricep dips 65 bicep curls 50 punches	<b>DAY 12</b> REST	<b>DAY 13</b> 28 pushups 50 tricep dips 75 bicep curls 60 punches	<b>DAY 14</b> 29 pushups 55 tricep dips 80 bicep curls 65 punches
<b>DAY 15</b> 30 pushups 60 tricep dips 85 bicep curls 70 punches	<b>DAY 16</b> REST	<b>DAY 17</b> 35 pushups 65 tricep dips 90 bicep curls 75 punches	<b>DAY 18</b> 36 pushups 70 tricep dips 100 bicep curls 80 punches	<b>DAY 19</b> 38 pushups 75 tricep dips 105 bicep curls 85 punches	<b>DAY 20</b> REST	<b>DAY 21</b> 40 pushups 80 tricep dips 110 bicep curls 90 punches
<b>DAY 22</b> 42 pushups 85 tricep dips 115 bicep curls 95 punches	<b>DAY 23</b> 44 pushups 90 tricep dips 120 bicep curls 100 punches	<b>DAY 24</b> REST	<b>DAY 25</b> 45 pushups 95 tricep dips 125 bicep curls 105 punches	<b>DAY 26</b> 46 pushups 100 tricep dips 130 bicep curls 110 punches	<b>DAY 27</b> 47 pushups 105 tricep dips 135 bicep curls 115 punches	<b>DAY 28</b> REST
<b>DAY 29</b> 48 pushups 110 tricep dips 140 bicep curls 120 punches	<b>DAY 30</b> 50 pushups 120 tricep dips 150 bicep curls 150 punches	 <h2>CONGRATULATIONS</h2> <p>what will your next challenge be?</p>				



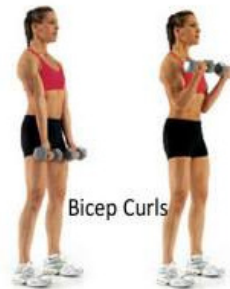
Push-ups

Lie prone on floor with hands slightly wider than shoulder width. Raise body up off floor by extending arms with body straight. Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat.  
Resistance can be reduced by performing push-ups with knees bent on floor or placing hands on elevated horizontal bar, in between narrow doorway, or edge of elevated surface.



Dips

Sit on side of bench. Place hands on edge of bench. Position feet away from bench. Straighten arms, slide rear end off of edge of bench, and rest heels on floor with legs straight.  
Lower body by bending arms until slight stretch is felt in chest or shoulder, or rear end touches floor. Raise body and repeat. Knees can be bent to make exercise easier.



Bicep Curls

Position two dumbbells to sides, palms facing in, arms straight.  
With elbows to sides, raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder. Lower to original position and repeat with opposite arm. Continue to alternate between sides.



Punches

Hold your arms up in a guard position in front of your face. Ensuring your arms are bend 90 degrees at the elbow.  
Punch out with the right hand so your elbow locks and your arm is straight.  
Ensure you twist your arm at the elbow when you punch so that your arm is straight and your palm is facing downwards.  
Bring the arm back to the guard position and repeat with the left arm.