

7-DAY ARM CHALLENGE

WORKOUT

YOUR SUMMER BODY IS MADE IN SPRING!



Day 1:
Curls, 5
Presses, 5
Hold, front, 30
seconds
Hold, up, 30 seconds
Tricep-plank
push-ups, 7
Plank, 15 seconds

Day 2:
Curls, 7
Presses, 7
Hold, front, 30
seconds
Hold, up, 30 seconds
Tricep-Dips, 12
Push-ups, 5
Plank, 15 seconds

Day 3:
Curls, 10
Presses, 10
Hold, front, 45
seconds
Hold, up, 45 seconds
Tricep Dips, 12
Tricep-plank
push-ups, 7

Day 4:
Curls, 10
Presses, 10
Hold, front, 45
seconds
Hold, up, 45 seconds
Tricep-plank
push-ups, 7
Plank, 20 seconds

Day 5:
Curls, 12
Presses, 12
Hold, front, 60
seconds
Hold, up, 60 seconds
Tricep Dips, 15
Tricep-plank
push-ups, 10

Day 6:
Curls, 15
Presses, 15
Hold, front, 60
seconds
Hold, up, 60 seconds
Tricep Dips, 20
Tricep Push-ups, 10
Push-ups, 10
Plank, 25 seconds

Day 7:
Curls, 15
Presses, 15
Hold, front, 60
seconds
Hold, up, 60 seconds
Tricep Dips, 25
Push-ups, 10
Plank, 30 seconds

YOU ARE NOT DONE-
KEEP PUSHING ALL
SUMMER AND REAP
THE BENEFITS OF
BEING BUFF AND
STRONG ALL YEAR
LONG!