

better arms

30-DAY CHALLENGE © darebee.com



1 60sec punches 3 sets 30sec rest	2 10 tricep dips 3 sets 30sec rest	3 60sec punches 3 sets 30sec rest	4 10 tricep dips 3 sets 30sec rest	5 60sec punches 3 sets 30sec rest
6 12 tricep dips 3 sets 30sec rest	7 60sec punches 3 sets 30sec rest	8 12 tricep dips 3 sets 30sec rest	9 60sec punches 3 sets 30sec rest	10 14 tricep dips 3 sets 30sec rest
11 60sec punches 3 sets 30sec rest	12 14 tricep dips 3 sets 30sec rest	13 60sec punches 3 sets 30sec rest	14 16 tricep dips 3 sets 30sec rest	15 60sec punches 3 sets 30sec rest
16 16 tricep dips 3 sets 30sec rest	17 60sec punches 3 sets 30sec rest	18 18 tricep dips 3 sets 30sec rest	19 60sec punches 3 sets 30sec rest	20 18 tricep dips 3 sets 30sec rest
21 60sec punches 3 sets 30sec rest	22 20 tricep dips 3 sets 30sec rest	23 60sec punches 3 sets 30sec rest	24 20 tricep dips 3 sets 30sec rest	25 60sec punches 3 sets 30sec rest
26 22 tricep dips 3 sets 30sec rest	27 60sec punches 3 sets 30sec rest	28 22 tricep dips 3 sets 30sec rest	29 60sec punches 3 sets 30sec rest	30 24 tricep dips 3 sets 30sec rest