better arms

30-DAY CHALLENGE © darebee.com

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