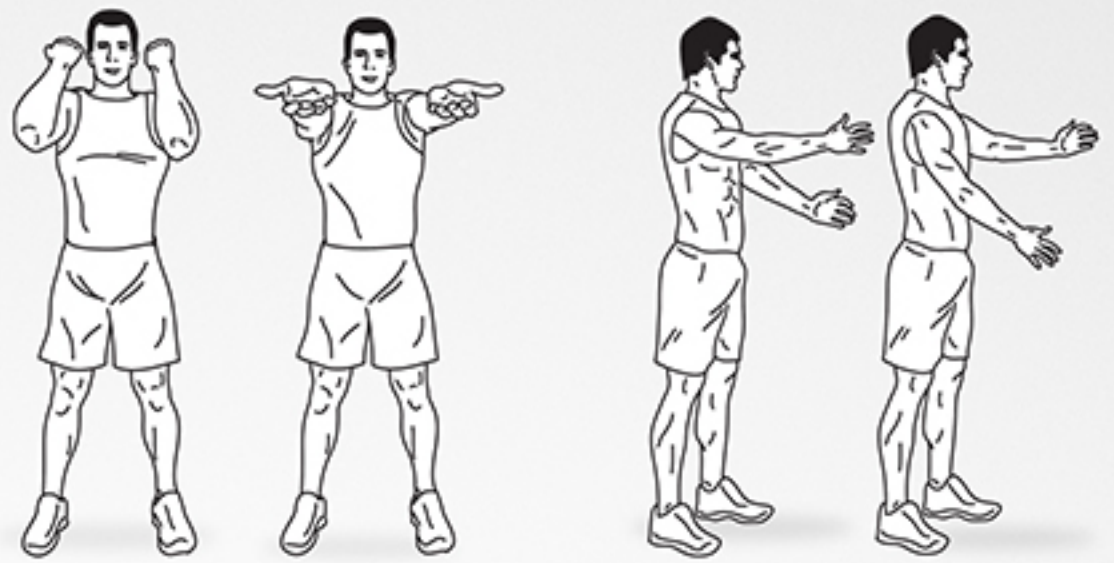


EPIC ARMS

— 30-DAY CHALLENGE —



© darebee.com

1 26 bicep extensions 10-count hold 5 sets 30sec rest	2 30 seconds scissor chops 5 sets 30sec rest	3 26 bicep extensions 10-count hold 5 sets 30sec rest	4 30 seconds scissor chops 5 sets 30sec rest	5 28 bicep extensions 10-count hold 5 sets 30sec rest
6 30 seconds scissor chops 5 sets 30sec rest	7 28 bicep extensions 10-count hold 5 sets 30sec rest	8 30 seconds scissor chops 5 sets 30sec rest	9 30 bicep extensions 10-count hold 5 sets 30sec rest	10 30 seconds scissor chops 5 sets 30sec rest
11 30 bicep extensions 10-count hold 5 sets 30sec rest	12 30 seconds scissor chops 5 sets 30sec rest	13 32 bicep extensions 10-count hold 5 sets 30sec rest	14 30 seconds scissor chops 5 sets 30sec rest	15 32 bicep extensions 10-count hold 5 sets 30sec rest
16 30 seconds scissor chops 5 sets 30sec rest	17 34 bicep extensions 10-count hold 5 sets 30sec rest	18 30 seconds scissor chops 5 sets 30sec rest	19 34 bicep extensions 10-count hold 5 sets 30sec rest	20 30 seconds scissor chops 5 sets 30sec rest
21 36 bicep extensions 10-count hold 5 sets 30sec rest	22 30 seconds scissor chops 5 sets 30sec rest	23 36 bicep extensions 10-count hold 5 sets 30sec rest	24 30 seconds scissor chops 5 sets 30sec rest	25 38 bicep extensions 10-count hold 5 sets 30sec rest
26 30 seconds scissor chops 5 sets 30sec rest	27 38 bicep extensions 10-count hold 5 sets 30sec rest	28 30 seconds scissor chops 5 sets 30sec rest	29 40 bicep extensions 10-count hold 5 sets 30sec rest	30 30 seconds scissor chops 5 sets 30sec rest