

EASY ARMS



— 30-DAY CHALLENGE —

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1 44 arm circles 30sec rest 3 sets in total	2 44 bicep extensions 30sec rest 3 sets in total	3 48 arm circles 30sec rest 3 sets in total	4 48 bicep extensions 30sec rest 3 sets in total	5 52 arm circles 30sec rest 3 sets in total
6 52 bicep extensions 30sec rest 3 sets in total	7 56 arm circles 30sec rest 3 sets in total	8 56 bicep extensions 30sec rest 3 sets in total	9 60 arm circles 30sec rest 3 sets in total	10 60 bicep extensions 30sec rest 3 sets in total
11 64 arm circles 30sec rest 3 sets in total	12 64 bicep extensions 30sec rest 3 sets in total	13 68 arm circles 30sec rest 3 sets in total	14 68 bicep extensions 30sec rest 3 sets in total	15 72 arm circles 30sec rest 3 sets in total
16 72 bicep extensions 30sec rest 3 sets in total	17 76 arm circles 30sec rest 3 sets in total	18 76 bicep extensions 30sec rest 3 sets in total	19 80 arm circles 30sec rest 3 sets in total	20 80 bicep extensions 30sec rest 3 sets in total
21 84 arm circles 30sec rest 3 sets in total	22 84 bicep extensions 30sec rest 3 sets in total	23 88 arm circles 30sec rest 3 sets in total	24 88 bicep extensions 30sec rest 3 sets in total	25 92 arm circles 30sec rest 3 sets in total
26 92 bicep extensions 30sec rest 3 sets in total	27 96 arm circles 30sec rest 3 sets in total	28 96 bicep extensions 30sec rest 3 sets in total	29 100 arm circles 30sec rest 3 sets in total	30 100 bicep extensions 30sec rest 3 sets in total