

IRON ARMS

— 30-DAY CHALLENGE —



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1 26 shoulder taps 20-count hold 5 sets no rest	2 26 bicep extensions 20-count hold 5 sets no rest	3 26 shoulder taps 20-count hold 5 sets no rest	4 28 bicep extensions 20-count hold 5 sets no rest	5 28 shoulder taps 20-count hold 5 sets no rest
6 28 bicep extensions 20-count hold 5 sets no rest	7 30 shoulder taps 20-count hold 5 sets no rest	8 30 bicep extensions 20-count hold 5 sets no rest	9 30 shoulder taps 20-count hold 5 sets no rest	10 30 bicep extensions 20-count hold 5 sets no rest
11 30 shoulder taps 20-count hold 5 sets no rest	12 32 bicep extensions 20-count hold 5 sets no rest	13 32 shoulder taps 20-count hold 5 sets no rest	14 32 bicep extensions 20-count hold 5 sets no rest	15 32 shoulder taps 20-count hold 5 sets no rest
16 34 bicep extensions 20-count hold 5 sets no rest	17 34 shoulder taps 20-count hold 5 sets no rest	18 34 bicep extensions 20-count hold 5 sets no rest	19 36 shoulder taps 20-count hold 5 sets no rest	20 36 bicep extensions 20-count hold 5 sets no rest
21 36 shoulder taps 20-count hold 5 sets no rest	22 36 bicep extensions 20-count hold 5 sets no rest	23 38 shoulder taps 20-count hold 5 sets no rest	24 38 bicep extensions 20-count hold 5 sets no rest	25 38 shoulder taps 20-count hold 5 sets no rest
26 38 bicep extensions 20-count hold 5 sets no rest	27 40 shoulder taps 20-count hold 5 sets no rest	28 40 bicep extensions 20-count hold 5 sets no rest	29 40 shoulder taps 20-count hold 5 sets no rest	30 40 bicep extensions 20-count hold 5 sets no rest