

UPPER BODY BLAST

— 30-DAY CHALLENGE —



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1 30 bicep extensions 5 sets 30sec rest	2 10 shoulder taps 10-count plank hold 3 sets non-stop	3 30 bicep extensions 5 sets 30sec rest	4 10 shoulder taps 10-count plank hold 3 sets non-stop	5 32 bicep extensions 5 sets 30sec rest
6 12 shoulder taps 10-count plank hold 3 sets non-stop	7 32 bicep extensions 5 sets 30sec rest	8 12 shoulder taps 10-count plank hold 3 sets non-stop	9 34 bicep extensions 5 sets 30sec rest	10 14 shoulder taps 10-count plank hold 3 sets non-stop
11 34 bicep extensions 5 sets 30sec rest	12 14 shoulder taps 10-count plank hold 3 sets non-stop	13 36 bicep extensions 5 sets 30sec rest	14 16 shoulder taps 10-count plank hold 3 sets non-stop	15 36 bicep extensions 5 sets 30sec rest
16 16 shoulder taps 10-count plank hold 3 sets non-stop	17 38 bicep extensions 5 sets 30sec rest	18 18 shoulder taps 10-count plank hold 3 sets non-stop	19 38 bicep extensions 5 sets 30sec rest	20 18 shoulder taps 10-count plank hold 3 sets non-stop
21 40 bicep extensions 5 sets 30sec rest	22 20 shoulder taps 10-count plank hold 3 sets non-stop	23 40 bicep extensions 5 sets 30sec rest	24 20 shoulder taps 10-count plank hold 3 sets non-stop	25 42 bicep extensions 5 sets 30sec rest
26 22 shoulder taps 10-count plank hold 3 sets non-stop	27 42 bicep extensions 5 sets 30sec rest	28 22 shoulder taps 10-count plank hold 3 sets non-stop	29 44 bicep extensions 5 sets 30sec rest	30 24 shoulder taps 10-count plank hold 3 sets non-stop