

April Arms Challenge 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		30 second Plank	15 Wide Arm Push-Ups	20 second Superman (x3)	15 Tricep Dips	30 second Plank alt knees in
6	7	8	9	10	11	12
10 L-Sits	15 Tricep Push-Ups	30 second Side Plank	45 second Plank	20 Wide Arm Push-Ups	30 second Superman (x3)	20 Tricep Dips
13	14	15	16	17	18	19
45 second Plank alt knees in	15 L-Sits	20 Tricep Push-Ups	30 second Side Plank	45 second Plank	20 Wide Arm Push-Ups	30 second Superman (x3)
20	21	22	23	24	25	26
25 Tricep Dips	1 minute Plank alt knees in	15 L-Sits	25 Tricep Push-Ups	45 second Side Plank	1 minute Plank	25 Wide Arm Push-Ups
27	28	29	30			
40 second Superman (x3)	25 Tricep Dips	1 minute Plank alt knees in	20 L-Sits			