

## April Arms Challenge 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			15 Wide Arm Push-Ups	30 second mini plank w/ leg lifts (x2)	15 Tricep Dips	30 second Plank alt knees in (x2)
5	6	7	8	9	10	11
10 L-Sits (5 sec hold)	15 Tricep Push-Ups	30 second Side Plank (x2)	45 second Plank (x2)	20 Wide Arm Push-Ups	30 second mini plank w/ leg lifts (x2)	20 Tricep Dips
12	13	14	15	16	17	18
45 second Plank alt knees in (x2)	15 L-Sits	20 Tricep Push-Ups	30 second Side Plank (x2)	45 second Plank	20 Wide Arm Push-Ups	
19	20	21	22	23	24	25
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
26	27	28	29	30		
	30 second straight arm plank (x2)	25 Tricep Dips	1 minute Plank alt knees in	20 L-Sits		

*He trains my hands for battle, so that  
my arms can bend a bow of bronze.*

***Psalms 18:34***