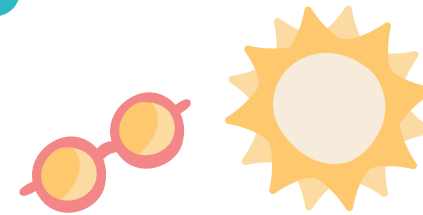


Arm Fitness Challenge!

Here's how it works: Each day of the month, we'll provide you with a carefully curated fitness activity (including rest days) to add to your existing routine. We've got something to challenge everyone. Questions? Ask a CHF Personal Trainer!



Each day please complete the activity

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				20 arm circles, ¹ 5 push-ups, 5 tricep dips BONUS: 10 lateral raises	20 arm circles, ² 5 rows, 5 bicep curls BONUS: 10 bent over rows	20 arm circles, ³ 5 push-ups, 5 tricep dips BONUS: 10 overhead presses
20 arm circles, ⁴ 5 rows, 5 bicep curls BONUS: 10 hammer curls	20 arm circles, ⁵ 5 push-ups, 5 tricep dips BONUS: 10 tricep extensions	20 arm circles, ⁶ 5 rows, 5 bicep curls BONUS: 10 internal/external rotations	REST DAY ⁷	25 arm circles, ⁸ 8 push-ups, 8 tricep dips BONUS: 12 lateral raises	25 arm circles, ⁹ 8 rows, 8 bicep curls BONUS: 12 bent over rows	25 arm circles, ¹⁰ 8 push-ups, 8 tricep dips BONUS: 12 overhead presses
25 arm circles, ¹¹ 8 rows, 8 bicep curls BONUS: 12 hammer curls	25 arm circles, ¹² 8 push-ups, 8 tricep dips BONUS: 12 tricep extensions	25 arm circles, ¹³ 8 rows, 8 bicep curls BONUS: 12 internal/external rotations	REST DAY ¹⁴	30 arm circles, ¹⁵ 10 push-ups, 10 tricep dips BONUS: 15 lateral raises	30 arm circles, ¹⁶ 10 rows, 10 bicep curls BONUS: 15 bent over rows	30 arm circles, ¹⁷ 10 push-ups, 10 tricep dips BONUS: 15 overhead presses
30 arm circles, ¹⁸ 10 rows, 10 bicep curls BONUS: 15 hammer curls	30 arm circles, ¹⁹ 10 push-ups, 10 tricep dips BONUS: 15 tricep extensions	30 arm circles, ²⁰ 10 rows, 10 bicep curls BONUS: 15 internal/external rotations	REST DAY ²¹	35 arm circles, ²² 12 push-ups, 12 tricep dips BONUS: 17 lateral raises	35 arm circles, ²³ 12 rows, 12 bicep curls BONUS: 17 bent over rows	35 arm circles, ²⁴ 12 push-ups, 12 tricep dips BONUS: 17 overhead presses
35 arm circles, ²⁵ 12 rows, 12 bicep curls BONUS: 17 hammer curls	35 arm circles, ²⁶ 12 push-ups, 12 tricep dips BONUS: 17 tricep extensions	35 arm circles, ²⁷ 12 rows, 12 bicep curls BONUS: 17 internal/external rotations	REST DAY ²⁸	40 arm circles, ²⁹ 15 push-ups, 15 tricep dips BONUS: 20 lateral raises	40 arm circles, ³⁰ 15 rows, 15 bicep curls BONUS: 20 bent over rows	40 arm circles, ³¹ 15 push-ups, 15 tricep dips BONUS: 20 overhead presses

Visit www.beachcitiesgym.com/challenge for more information on these exercises.