

activate your arm strength

MARCH CHALLENGE

Use this challenge to activate your upper body and strengthen your arms!
Repeat each set of exercises 3 times with a few seconds rest in between.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
8 bent over rows 8 shoulder presses 8 chest presses	8 hammer curls 8 tricep extensions 8 upright rows	8 lat pullovers 8 chest flys 8 skull crushers	8 bicep curls 8 front raises 8 reverse flys	8 lateral raises 8 wide curls 8 tricep extensions
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
10 bent over rows 10 shoulder presses 10 chest presses	10 hammer curls 10 tricep extensions 10 upright rows	10 lat pullovers 10 chest flys 10 skull crushers	10 bicep curls 10 front raises 10 reverse flys	10 lateral raises 10 wide curls 10 tricep extensions
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
12 bent over rows 12 shoulder presses 12 chest presses	12 hammer curls 12 tricep extensions 12 upright rows	10 lat pullovers 10 chest flys 10 skull crushers	12 bicep curls 12 front raises 12 reverse flys	12 lateral raises 12 wide curls 12 tricep extensions
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
8 tricep dips 8 Zottman curls 8 top only curls	8 pushups 8 superman lifts 8 bottom only curls	8 tricep pushups 8 standing chest flys 8 Y-raises	8 reverse grip rows 8 Arnold presses 8 Tate presses	8 narrow chest presses 20 sec swimmers 20 sec plank hold
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
10 tricep dips 10 Zottman curls 10 top only curls	10 pushups 10 superman lifts 10 bottom only curls	10 tricep pushups 10 standing chest flys 10 Y-raises	10 reverse grip rows 10 Arnold presses 10 Tate presses	10 narrow chest presses 30 sec swimmers 30 sec plank hold
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
12 tricep dips 12 Zottman curls 12 top only curls	12 pushups 12 superman lifts 12 bottom only curls	12 tricep pushups 12 standing chest flys 12 Y-raises	12 reverse grip rows 12 Arnold presses 12 Tate presses	12 narrow chest presses 40 sec swimmers 40 sec plank hold