30-DAY CHALLENGE

NOVEMBER ARM CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **REST DAY**	**2** 10 Bicep Curls 10 Rows 10 Tricep Dips 10 Reverse Fly's	**3** 11 Bicep Curls 11 Rows 11 Tricep Dips 11 Reverse Fly's	**4** 12 Bicep Curls 12 Rows 12 Tricep Dips 12 Reverse Fly's	**5** 13 Bicep Curls 13 Rows 13 Tricep Dips 13 Reverse Fly's	**6** 14 Bicep Curls 14 Rows 14 Tricep Dips 14 Reverse Fly's	**7** 15 Bicep Curls 15 Rows 15 Tricep Dips 15 Reverse Fly's
8 **REST DAY**	**9** 16 Bicep Curls 16 Rows 16 Tricep Dips 16 Reverse Fly's	**10** 17 Bicep Curls 17 Rows 17 Tricep Dips 17 Reverse Fly's	**11** 18 Bicep Curls 18 Rows 18 Tricep Dips 18 Reverse Fly's	**12** 19 Bicep Curls 19 Rows 19 Tricep Dips 19 Reverse Fly's	**13** 20 Bicep Curls 20 Rows 20 Tricep Dips 20 Reverse Fly's	**14** 21 Bicep Curls 21 Rows 21 Tricep Dips 21 Reverse Fly's
15 **REST DAY**	**16** 22 Bicep Curls 22 Rows 22 Tricep Dips 22 Reverse Fly's	**17** 23 Bicep Curls 23 Rows 23 Tricep Dips 23 Reverse Fly's	**18** 24 Bicep Curls 24 Rows 24 Tricep Dips 24 Reverse Fly's	**19** 25 Bicep Curls 25 Rows 25 Tricep Dips 25 Reverse Fly's	**20** 26 Bicep Curls 26 Rows 26 Tricep Dips 26 Reverse Fly's	**21** 27 Bicep Curls 27 Rows 27 Tricep Dips 27 Reverse Fly's
22 **REST DAY**	**23** 28 Bicep Curls 28 Rows 28 Tricep Dips 28 Reverse Fly's	**24** 29 Bicep Curls 29 Rows 29 Tricep Dips 29 Reverse Fly's	**25** 30 Bicep Curls 30 Rows 30 Tricep Dips 30 Reverse Fly's	**26** 31 Bicep Curls 31 Rows 31 Tricep Dips 31 Reverse Fly's	**27** 32 Bicep Curls 32 Rows 32 Tricep Dips 32 Reverse Fly's	**28** 33 Bicep Curls 33 Rows 33 Tricep Dips 33 Reverse Fly's
29 **REST DAY**	**30** 34 Bicep Curls 34 Rows 34 Tricep Dips 34 Reverse Fly's					

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Notes: These challenges are designed to be above and beyond what you do at your fitness sessions. Go at your own pace and listen to your body. If you can't do it all, do fewer reps or break them up throughout the day. If it is not challenging enough increase the rep count or do 2 rounds. You can start the challenge on any day that you want. You can change up the variations of the exercises or pick a completely different arm exercise.