



# 30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## MARCH ARMS CHALLENGE

					<b>1</b> 10 Front Raises 10 Rows 10 Pushups <b>Total for the Day</b>	<b>2</b> 10 Reverse Fly's 10 Tricep Dips 10 Pushups <b>Total for the Day</b>
<b>3</b> <b>REST DAY</b>	<b>4</b> 11 Front Raises 11 Rows 11 Pushups <b>Total for the Day</b>	<b>5</b> 11 Reverse Fly's 11 Tricep Dips 11 Pushups <b>Total for the Day</b>	<b>6</b> 12 Front Raises 12 Rows 12 Pushups <b>Total for the Day</b>	<b>7</b> 12 Reverse Fly's 12 Tricep Dips 12 Pushups <b>Total for the Day</b>	<b>8</b> 13 Front Raises 13 Rows 13 Pushups <b>Total for the Day</b>	<b>9</b> 13 Reverse Fly's 13 Tricep Dips 13 Pushups <b>Total for the Day</b>
<b>10</b> <b>REST DAY</b>	<b>11</b> 15 Front Raises 15 Rows 15 Pushups <b>Total for the Day</b>	<b>12</b> 15 Reverse Fly's 15 Tricep Dips 15 Pushups <b>Total for the Day</b>	<b>13</b> 16 Front Raises 16 Rows 16 Pushups <b>Total for the Day</b>	<b>14</b> 16 Reverse Fly's 16 Tricep Dips 16 Pushups <b>Total for the Day</b>	<b>15</b> 17 Front Raises 17 Rows 17 Pushups <b>Total for the Day</b>	<b>16</b> 17 Reverse Fly's 17 Tricep Dips 17 Pushups <b>Total for the Day</b>
<b>17</b> <b>REST DAY</b>	<b>18</b> 19 Front Raises 19 Rows 19 Pushups <b>Total for the Day</b>	<b>19</b> 19 Reverse Fly's 19 Tricep Dips 19 Pushups <b>Total for the Day</b>	<b>20</b> 20 Front Raises 20 Rows 20 Pushups <b>Total for the Day</b>	<b>21</b> 20 Reverse Fly's 20 Tricep Dips 20 Pushups <b>Total for the Day</b>	<b>22</b> 21 Front Raises 21 Rows 21 Pushups <b>Total for the Day</b>	<b>23</b> 21 Reverse Fly's 21 Tricep Dips 21 Pushups <b>Total for the Day</b>
<b>24</b> <b>REST DAY</b>	<b>25</b> 23 Front Raises 23 Rows 23 Pushups <b>Total for the Day</b>	<b>26</b> 23 Reverse Fly's 23 Tricep Dips 23 Pushups <b>Total for the Day</b>	<b>27</b> 24 Front Raises 24 Rows 24 Pushups <b>Total for the Day</b>	<b>28</b> 24 Reverse Fly's 24 Tricep Dips 24 Pushups <b>Total for the Day</b>	<b>29</b> 25 Front Raises 25 Rows 25 Pushups <b>Total for the Day</b>	<b>30</b> 25 Reverse Fly's 25 Tricep Dips 25 Pushups <b>Total for the Day</b>
<b>31</b>						

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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.