

14 Day Arm Challenge (Jan 15-28)

DAY 1: 10 PUSH UPS//15 CHAIR DIPS//20 SEC PLANK

DAY 2: 15 PUSH UPS//20 CHAIR DIPS//25 SEC PLANK

DAY 3: 20 PUSH UPS//25 CHAIR DIPS//30 SEC PLANK

DAY 4: 25 PUSH UPS//30 CHAIR DIPS//35 SEC PLANK

DAY 5: REST DAY!

DAY 6: 30 PUSH UPS//35 CHAIR DIPS//40 SEC PLANK

DAY 7: 35 PUSH UPS//40 CHAIR DIPS//45 SEC PLANK

DAY 8: 40 PUSH UPS//45 CHAIR DIPS//50 SEC PLANK

DAY 9: 45 PUSH UPS//50 CHAIR DIPS//55 SEC PLANK

DAY 10: REST DAY!

DAY 11: 50 PUSH UPS//55 CHAIR DIPS//60 SEC PLANK

DAY 12: 55 PUSH UPS//60 CHAIR DIPS//65 SEC PLANK

DAY 13: 60 PUSH UPS//65 CHAIR DIPS//70 SEC PLANK

DAY 14: 65 PUSH UPS//70 CHAIR DIPS//75 SEC PLANK

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DAY 5: REST DAY!

DAY 6: 30 PUSH UPS//35 CHAIR DIPS//40 SEC PLANK

DAY 7: 35 PUSH UPS//40 CHAIR DIPS//45 SEC PLANK

DAY 8: 40 PUSH UPS//45 CHAIR DIPS//50 SEC PLANK

DAY 9: 45 PUSH UPS//50 CHAIR DIPS//55 SEC PLANK

DAY 10: REST DAY!

DAY 11: 50 PUSH UPS//55 CHAIR DIPS//60 SEC PLANK

DAY 12: 55 PUSH UPS//60 CHAIR DIPS//65 SEC PLANK

DAY 13: 60 PUSH UPS//65 CHAIR DIPS//70 SEC PLANK

DAY 14: 65 PUSH UPS//70 CHAIR DIPS//75 SEC PLANK