

GRASS ROOTS FITNESS DREAM ARM CHALLENGE

~ June 2014 ~						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 2 sets of 15 Tricep Dips on chair 2 sets of 15 Dumbbell Bicep Curls	3 2 sets of 15 Forward Shoulder Raise AND 2 sets of 15 Side Shoulder Raise	4 2 sets of 10 Tricep Push-Ups	5 2 sets of 15 Forward Shoulder Raise AND 2 sets of 15 Side Shoulder Raise	6 2 sets of 10 Tricep Push-Ups	7 OFF
8	9 3 Sets of 15 Tricep Dips on chair 3 Sets of 10 Triceps Push-ups	10 3 sets of 15 Forward Shoulder Raise AND 3 sets of 15 Side Shoulder Raise	11 3 sets of 15 Tricep push-ups	12 3 sets of 15 Tricep Dips on chair 3 sets of 15 Dumbbell Bicep Curls	13 3 sets of 15 Tricep push-ups	14 OFF
15 *bonus 3 sets of 5 Tricep push-ups 3 count down and 1 count up	16 *3 Sets of 15 Tricep Dips on chair 3 Sets of 10 Triceps Push-ups * Advanced move elevate feet on stair or chair	17 3 sets of 20 Forward Shoulder Raise AND 3 sets of 20 Side Shoulder Raise	18 3 sets of 15 Tricep push-ups	19 * 3 sets of 15 Tricep Dips on chair 3 sets of 15 Dumbbell Bicep Curls	20 3 sets of 15 Tricep push-ups	21 OFF
22 *bonus 3 sets of 7 Tricep push-ups 3 count down and 1 count up	23 *3 Sets of 15 Tricep Dips on chair 3 Sets of 10 Triceps Push-ups * Advanced elevate feet on stair or chair	24 3 sets of 20 Forward Shoulder Raise AND 3 sets of 20 Side Shoulder Raise	25 3 sets of 10 Tricep push-ups * Advance only 1 count down and 3 count up	26 * 3 sets of 15 Tricep Dips on chair 3 sets of 15 Dumbbell Bicep Curls * Advanced move elevate feet on stair or chair	27 3 sets of 15 Tricep push-ups	28 OFF
29 *bonus 3 sets of 10 Tricep push-ups 3 count down and 1 count up	30 *3 Sets of 15 Tricep Dips on chair * Advanced elevate feet on stair or chair	Notes:				

More Calendars: Jul 2014, Aug 2014, Sep 2014

**Tricep Push-ups -Hands under your shoulders. Beginner/Intermediate – on knees. Advanced- Push-ups on toes.

*** Tricep Dips- Beginner/Intermediate- Bend knees 90 degrees/ Advanced- Straight legs