

ULTIMATE UPPER-BODY 30-DAY CHALLENGE

**Strengthen, tone, and firm up your biceps,
triceps, shoulders, chest and back!**

MONDAY, WEDNESDAY, FRIDAY

3 Sets of 12 to 16 Reps

Exercise #1 - Push-Ups

Exercise #2 - Bicep Curls

Exercise #3 - Shoulder Press

TUESDAY, THURSDAY, SATURDAY

3 Sets of 12 to 16 Reps

Exercise #1 - Triceps Push-Ups

Exercise #2 - Triceps Dips

Exercise #3 - Reverse Fly

SUNDAY

Rest, Repeat, or Test

Be Smart. Be Safe. Get Fit. Have Fun! *Eat. Drink. Be Skinny!*