

SLEEK ARMS

CHALLENGE

30 DAYS

Easy



DUMBBELL CURL



PUSH-UP



SKULL CRUSHERS



DIPS

DAY 1

- ☐ 3 DUMBBELL CURL
- ☐ 3 PUSH-UP
- ☐ 5 SKULL CRUSHERS
- ☐ 5 DIPS

DAY 2

- ☐ 3 DUMBBELL CURL
- ☐ 3 PUSH-UP
- ☐ 5 SKULL CRUSHERS
- ☐ 5 DIPS

DAY 3

- ☐ 4 DUMBBELL CURL
- ☐ 4 PUSH-UP
- ☐ 6 SKULL CRUSHERS
- ☐ 6 DIPS

DAY 4

- ☐ 4 DUMBBELL CURL
- ☐ 4 PUSH-UP
- ☐ 6 SKULL CRUSHERS
- ☐ 6 DIPS

DAY 5

- ☐ 5 DUMBBELL CURL
- ☐ 5 PUSH-UP
- ☐ 7 SKULL CRUSHERS
- ☐ 7 DIPS

DAY 6

- ☐ 5 DUMBBELL CURL
- ☐ 5 PUSH-UP
- ☐ 7 SKULL CRUSHERS
- ☐ 7 DIPS

DAY 7

- ☐ 6 DUMBBELL CURL
- ☐ 6 PUSH-UP
- ☐ 8 SKULL CRUSHERS
- ☐ 8 DIPS

DAY 8

- ☐ 6 DUMBBELL CURL
- ☐ 6 PUSH-UP
- ☐ 8 SKULL CRUSHERS
- ☐ 8 DIPS

DAY 9

- ☐ 7 DUMBBELL CURL
- ☐ 7 PUSH-UP
- ☐ 9 SKULL CRUSHERS
- ☐ 9 DIPS

DAY 10

- ☐ 7 DUMBBELL CURL
- ☐ 7 PUSH-UP
- ☐ 9 SKULL CRUSHERS
- ☐ 9 DIPS

DAY 11

- ☐ 8 DUMBBELL CURL
- ☐ 8 PUSH-UP
- ☐ 10 SKULL CRUSHERS
- ☐ 10 DIPS

DAY 12

- ☐ 8 DUMBBELL CURL
- ☐ 8 PUSH-UP
- ☐ 10 SKULL CRUSHERS
- ☐ 10 DIPS

DAY 13

- ☐ 9 DUMBBELL CURL
- ☐ 9 PUSH-UP
- ☐ 11 SKULL CRUSHERS
- ☐ 11 DIPS

DAY 14

- ☐ 9 DUMBBELL CURL
- ☐ 9 PUSH-UP
- ☐ 11 SKULL CRUSHERS
- ☐ 11 DIPS

DAY 15

- ☐ 10 DUMBBELL CURL
- ☐ 10 PUSH-UP
- ☐ 12 SKULL CRUSHERS
- ☐ 12 DIPS

DAY 16

- ☐ 10 DUMBBELL CURL
- ☐ 10 PUSH-UP
- ☐ 12 SKULL CRUSHERS
- ☐ 12 DIPS

DAY 17

- ☐ 11 DUMBBELL CURL
- ☐ 11 PUSH-UP
- ☐ 13 SKULL CRUSHERS
- ☐ 13 DIPS

DAY 18

- ☐ 11 DUMBBELL CURL
- ☐ 11 PUSH-UP
- ☐ 13 SKULL CRUSHERS
- ☐ 13 DIPS

DAY 19

- ☐ 12 DUMBBELL CURL
- ☐ 12 PUSH-UP
- ☐ 14 SKULL CRUSHERS
- ☐ 14 DIPS

DAY 20

- ☐ 12 DUMBBELL CURL
- ☐ 12 PUSH-UP
- ☐ 14 SKULL CRUSHERS
- ☐ 14 DIPS

DAY 21

- ☐ 13 DUMBBELL CURL
- ☐ 13 PUSH-UP
- ☐ 15 SKULL CRUSHERS
- ☐ 15 DIPS

DAY 22

- ☐ 13 DUMBBELL CURL
- ☐ 13 PUSH-UP
- ☐ 15 SKULL CRUSHERS
- ☐ 15 DIPS

DAY 23

- ☐ 14 DUMBBELL CURL
- ☐ 14 PUSH-UP
- ☐ 16 SKULL CRUSHERS
- ☐ 16 DIPS

DAY 24

- ☐ 14 DUMBBELL CURL
- ☐ 14 PUSH-UP
- ☐ 16 SKULL CRUSHERS
- ☐ 16 DIPS

DAY 25

- ☐ 15 DUMBBELL CURL
- ☐ 15 PUSH-UP
- ☐ 17 SKULL CRUSHERS
- ☐ 17 DIPS

DAY 26

- ☐ 15 DUMBBELL CURL
- ☐ 15 PUSH-UP
- ☐ 17 SKULL CRUSHERS
- ☐ 17 DIPS

DAY 27

- ☐ 16 DUMBBELL CURL
- ☐ 16 PUSH-UP
- ☐ 18 SKULL CRUSHERS
- ☐ 18 DIPS

DAY 28

- ☐ 16 DUMBBELL CURL
- ☐ 16 PUSH-UP
- ☐ 18 SKULL CRUSHERS
- ☐ 18 DIPS

DAY 29

- ☐ 17 DUMBBELL CURL
- ☐ 17 PUSH-UP
- ☐ 19 SKULL CRUSHERS
- ☐ 19 DIPS

DAY 30

- ☐ 17 DUMBBELL CURL
- ☐ 17 PUSH-UP
- ☐ 19 SKULL CRUSHERS
- ☐ 19 DIPS

SLEEK ARMS

CHALLENGE

30 DAYS

Normal



DUMBBELL CURL



PUSH-UP



SKULL CRUSHERS



DIPS

DAY 1

- ☐ 3 DUMBBELL CURL
- ☐ 3 PUSH-UP
- ☐ 5 SKULL CRUSHERS
- ☐ 5 DIPS

DAY 2

- ☐ 4 DUMBBELL CURL
- ☐ 4 PUSH-UP
- ☐ 6 SKULL CRUSHERS
- ☐ 6 DIPS

DAY 3

- ☐ 5 DUMBBELL CURL
- ☐ 5 PUSH-UP
- ☐ 7 SKULL CRUSHERS
- ☐ 7 DIPS

DAY 4

- ☐ 6 DUMBBELL CURL
- ☐ 6 PUSH-UP
- ☐ 8 SKULL CRUSHERS
- ☐ 8 DIPS

DAY 5

- ☐ 7 DUMBBELL CURL
- ☐ 7 PUSH-UP
- ☐ 9 SKULL CRUSHERS
- ☐ 9 DIPS

DAY 6

- ☐ 8 DUMBBELL CURL
- ☐ 8 PUSH-UP
- ☐ 10 SKULL CRUSHERS
- ☐ 10 DIPS

DAY 7

- ☐ 9 DUMBBELL CURL
- ☐ 9 PUSH-UP
- ☐ 11 SKULL CRUSHERS
- ☐ 11 DIPS

DAY 8

- ☐ 10 DUMBBELL CURL
- ☐ 10 PUSH-UP
- ☐ 12 SKULL CRUSHERS
- ☐ 12 DIPS

DAY 9

- ☐ 11 DUMBBELL CURL
- ☐ 11 PUSH-UP
- ☐ 13 SKULL CRUSHERS
- ☐ 13 DIPS

DAY 10

- ☐ 12 DUMBBELL CURL
- ☐ 12 PUSH-UP
- ☐ 14 SKULL CRUSHERS
- ☐ 14 DIPS

DAY 11

- ☐ 13 DUMBBELL CURL
- ☐ 13 PUSH-UP
- ☐ 15 SKULL CRUSHERS
- ☐ 15 DIPS

DAY 12

- ☐ 14 DUMBBELL CURL
- ☐ 14 PUSH-UP
- ☐ 16 SKULL CRUSHERS
- ☐ 16 DIPS

DAY 13

- ☐ 15 DUMBBELL CURL
- ☐ 15 PUSH-UP
- ☐ 17 SKULL CRUSHERS
- ☐ 17 DIPS

DAY 14

- ☐ 16 DUMBBELL CURL
- ☐ 16 PUSH-UP
- ☐ 18 SKULL CRUSHERS
- ☐ 18 DIPS

DAY 15

- ☐ 17 DUMBBELL CURL
- ☐ 17 PUSH-UP
- ☐ 19 SKULL CRUSHERS
- ☐ 19 DIPS

DAY 16

- ☐ 18 DUMBBELL CURL
- ☐ 18 PUSH-UP
- ☐ 20 SKULL CRUSHERS
- ☐ 20 DIPS

DAY 17

- ☐ 19 DUMBBELL CURL
- ☐ 19 PUSH-UP
- ☐ 21 SKULL CRUSHERS
- ☐ 21 DIPS

DAY 18

- ☐ 20 DUMBBELL CURL
- ☐ 20 PUSH-UP
- ☐ 22 SKULL CRUSHERS
- ☐ 22 DIPS

DAY 19

- ☐ 21 DUMBBELL CURL
- ☐ 21 PUSH-UP
- ☐ 23 SKULL CRUSHERS
- ☐ 23 DIPS

DAY 20

- ☐ 22 DUMBBELL CURL
- ☐ 22 PUSH-UP
- ☐ 24 SKULL CRUSHERS
- ☐ 24 DIPS

DAY 21

- ☐ 23 DUMBBELL CURL
- ☐ 23 PUSH-UP
- ☐ 25 SKULL CRUSHERS
- ☐ 25 DIPS

DAY 22

- ☐ 24 DUMBBELL CURL
- ☐ 24 PUSH-UP
- ☐ 26 SKULL CRUSHERS
- ☐ 26 DIPS

DAY 23

- ☐ 25 DUMBBELL CURL
- ☐ 25 PUSH-UP
- ☐ 27 SKULL CRUSHERS
- ☐ 27 DIPS

DAY 24

- ☐ 26 DUMBBELL CURL
- ☐ 26 PUSH-UP
- ☐ 28 SKULL CRUSHERS
- ☐ 28 DIPS

DAY 25

- ☐ 27 DUMBBELL CURL
- ☐ 27 PUSH-UP
- ☐ 29 SKULL CRUSHERS
- ☐ 29 DIPS

DAY 26

- ☐ 28 DUMBBELL CURL
- ☐ 28 PUSH-UP
- ☐ 30 SKULL CRUSHERS
- ☐ 30 DIPS

DAY 27

- ☐ 29 DUMBBELL CURL
- ☐ 29 PUSH-UP
- ☐ 31 SKULL CRUSHERS
- ☐ 31 DIPS

DAY 28

- ☐ 30 DUMBBELL CURL
- ☐ 30 PUSH-UP
- ☐ 32 SKULL CRUSHERS
- ☐ 32 DIPS

DAY 29

- ☐ 31 DUMBBELL CURL
- ☐ 31 PUSH-UP
- ☐ 32 SKULL CRUSHERS
- ☐ 32 DIPS

DAY 30

- ☐ 32 DUMBBELL CURL
- ☐ 32 PUSH-UP
- ☐ 34 SKULL CRUSHERS
- ☐ 34 DIPS

SLEEK ARMS

CHALLENGE

30 DAYS

Hard



DUMBBELL CURL



PUSH-UP



SKULL CRUSHERS



DIPS

DAY 1

- ☐ 3 DUMBBELL CURL
- ☐ 3 PUSH-UP
- ☐ 5 SKULL CRUSHERS
- ☐ 5 DIPS

DAY 2

- ☐ 5 DUMBBELL CURL
- ☐ 5 PUSH-UP
- ☐ 7 SKULL CRUSHERS
- ☐ 7 DIPS

DAY 3

- ☐ 7 DUMBBELL CURL
- ☐ 7 PUSH-UP
- ☐ 9 SKULL CRUSHERS
- ☐ 9 DIPS

DAY 4

- ☐ 9 DUMBBELL CURL
- ☐ 9 PUSH-UP
- ☐ 11 SKULL CRUSHERS
- ☐ 11 DIPS

DAY 5

- ☐ 11 DUMBBELL CURL
- ☐ 11 PUSH-UP
- ☐ 13 SKULL CRUSHERS
- ☐ 13 DIPS

DAY 6

- ☐ 13 DUMBBELL CURL
- ☐ 13 PUSH-UP
- ☐ 15 SKULL CRUSHERS
- ☐ 15 DIPS

DAY 7

- ☐ 15 DUMBBELL CURL
- ☐ 15 PUSH-UP
- ☐ 17 SKULL CRUSHERS
- ☐ 17 DIPS

DAY 8

- ☐ 17 DUMBBELL CURL
- ☐ 17 PUSH-UP
- ☐ 19 SKULL CRUSHERS
- ☐ 19 DIPS

DAY 9

- ☐ 19 DUMBBELL CURL
- ☐ 19 PUSH-UP
- ☐ 21 SKULL CRUSHERS
- ☐ 21 DIPS

DAY 10

- ☐ 21 DUMBBELL CURL
- ☐ 21 PUSH-UP
- ☐ 23 SKULL CRUSHERS
- ☐ 23 DIPS

DAY 11

- ☐ 23 DUMBBELL CURL
- ☐ 23 PUSH-UP
- ☐ 25 SKULL CRUSHERS
- ☐ 25 DIPS

DAY 12

- ☐ 25 DUMBBELL CURL
- ☐ 25 PUSH-UP
- ☐ 27 SKULL CRUSHERS
- ☐ 27 DIPS

DAY 13

- ☐ 27 DUMBBELL CURL
- ☐ 27 PUSH-UP
- ☐ 29 SKULL CRUSHERS
- ☐ 29 DIPS

DAY 14

- ☐ 29 DUMBBELL CURL
- ☐ 29 PUSH-UP
- ☐ 31 SKULL CRUSHERS
- ☐ 31 DIPS

DAY 15

- ☐ 31 DUMBBELL CURL
- ☐ 31 PUSH-UP
- ☐ 33 SKULL CRUSHERS
- ☐ 33 DIPS

DAY 16

- ☐ 33 DUMBBELL CURL
- ☐ 33 PUSH-UP
- ☐ 35 SKULL CRUSHERS
- ☐ 35 DIPS

DAY 17

- ☐ 35 DUMBBELL CURL
- ☐ 35 PUSH-UP
- ☐ 37 SKULL CRUSHERS
- ☐ 37 DIPS

DAY 18

- ☐ 37 DUMBBELL CURL
- ☐ 37 PUSH-UP
- ☐ 39 SKULL CRUSHERS
- ☐ 39 DIPS

DAY 19

- ☐ 39 DUMBBELL CURL
- ☐ 39 PUSH-UP
- ☐ 41 SKULL CRUSHERS
- ☐ 41 DIPS

DAY 20

- ☐ 41 DUMBBELL CURL
- ☐ 41 PUSH-UP
- ☐ 43 SKULL CRUSHERS
- ☐ 43 DIPS

DAY 21

- ☐ 43 DUMBBELL CURL
- ☐ 43 PUSH-UP
- ☐ 45 SKULL CRUSHERS
- ☐ 45 DIPS

DAY 22

- ☐ 45 DUMBBELL CURL
- ☐ 45 PUSH-UP
- ☐ 47 SKULL CRUSHERS
- ☐ 47 DIPS

DAY 23

- ☐ 47 DUMBBELL CURL
- ☐ 47 PUSH-UP
- ☐ 49 SKULL CRUSHERS
- ☐ 49 DIPS

DAY 24

- ☐ 49 DUMBBELL CURL
- ☐ 49 PUSH-UP
- ☐ 51 SKULL CRUSHERS
- ☐ 51 DIPS

DAY 25

- ☐ 51 DUMBBELL CURL
- ☐ 51 PUSH-UP
- ☐ 53 SKULL CRUSHERS
- ☐ 53 DIPS

DAY 26

- ☐ 53 DUMBBELL CURL
- ☐ 53 PUSH-UP
- ☐ 55 SKULL CRUSHERS
- ☐ 55 DIPS

DAY 27

- ☐ 55 DUMBBELL CURL
- ☐ 55 PUSH-UP
- ☐ 57 SKULL CRUSHERS
- ☐ 57 DIPS

DAY 28

- ☐ 57 DUMBBELL CURL
- ☐ 57 PUSH-UP
- ☐ 59 SKULL CRUSHERS
- ☐ 59 DIPS

DAY 29

- ☐ 59 DUMBBELL CURL
- ☐ 59 PUSH-UP
- ☐ 61 SKULL CRUSHERS
- ☐ 61 DIPS

DAY 30

- ☐ 61 DUMBBELL CURL
- ☐ 61 PUSH-UP
- ☐ 63 SKULL CRUSHERS
- ☐ 63 DIPS

SLEEK ARMS

CHALLENGE

30 DAYS



DUMBBELL CURL



PUSH-UP



SKULL CRUSHERS



DIPS

DAY 1

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DAY 30

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