



30-Day Ultimate Upper Body Challenge: 3 Sets 12-16 Reps

Monday, Wednesday, Friday: Push-ups + Biceps Curls + Shoulder Press
Tuesday, Thursday, Saturday: Triceps Push-ups, Triceps Dips + Reverse Fly
Sunday: Rest, Repeat or TEST!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Measurements: Weight: _____ Upper Arm: _____ Chest: _____	REMEMBER TO TAKE A BEFORE PICTURE		<i>Fit Tip: Enlist support and make it public! Telling folks about your goals increases your chances of success!</i>		What's motivating you today?	Post on FB why you are doing this challenge!
Test? Total time: _____		<i>What are you most proud of? Be in an inspiration and post it on FB!</i>		<i>What are you happy about today?</i>		Remember to get in 30 min of cardio 3x per week to maximize results!
Test? Total time: _____	<i>Fit Tip: set small goals with rewards. How are you rewarding yourself for all your hard work?</i>	Feeling Stronger?	<i>Who inspires you every day? Make their day and tell them!</i>		Really look at your arms. look better than 2 weeks ago?	
Test? Total time: _____		POST SOMETHING FUN ON FB!	What are you most looking forward to?		<i>Fit Tip: Brag about your results! Inspire someone!</i>	How's that body looking?
Measurements: Weight: _____ Upper Arm: _____ Chest: _____	<i>Just do it - you're almost done!</i>	Who have you helped make happy today?	What are you working for?		How ultimate is your upper body? Post our final results!	Final Picture - How does it look?

YOU CAN DO ANYTHING YOU THINK YOU CAN!

For regular motivation, support, inspiration visit www.facebook.com/30daychallengeseries