

THE 4-WEEK ARMS CHALLENGE

DAY 1 4 Best Arm Exercises 40 seconds on 20 seconds rest	DAY 2 Rest	DAY 3 4 Best Arm Exercises 40 seconds on 20 seconds rest	DAY 4 Rest	DAY 5 Video: Low-Impact Strength	DAY 6 4 Best Arm Exercises 40 seconds on 20 seconds rest
DAY 7 Active Recovery 15 minutes	DAY 8 4 Best Arm Exercises 60 seconds on 20 seconds rest	DAY 9 Rest	DAY 10 4 Best Arm Exercises 60 seconds on 20 seconds rest	DAY 11 Rest	DAY 12 Video: Full-Body Cardio
DAY 13 4 Best Arm Exercises 60 seconds on 20 seconds rest	DAY 14 Active Recovery 30 minutes	DAY 15 4 Best Arm Exercises 90 seconds on 30 seconds rest	DAY 16 Rest	DAY 17 4 Best Arm Exercises 90 seconds on 30 seconds rest	DAY 18 Rest
DAY 19 Video: HIIT for Legs and Abs	DAY 20 4 Best Arm Exercises 90 seconds on 30 seconds rest	DAY 21 Active Recovery 45 minutes	DAY 22 4 Best Arm Exercises 2 minutes on 30 seconds rest	DAY 23 Rest	DAY 24 4 Best Arm Exercises 2 minutes on 30 seconds rest
	DAY 25 Rest	DAY 26 Video: Full-Body HIIT	DAY 27 4 Best Arm Exercises 2 minutes on 30 seconds rest	DAY 28 Active Recovery 60 minutes	