

LIVESTRONGSM.COM
30-DAY DUMBBELL
— CHALLENGE —

DAY 1 <u>Legs and Butt</u> 2 sets of 10	DAY 2 <u>Chest and Arms</u> 2 sets of 10	DAY 3 <u>Rest</u>	DAY 4 <u>Abs</u> 2 sets of 10	DAY 5 <u>Back and Shoulders</u> 2 sets of 10	DAY 6 <u>Rest</u>
DAY 7 <u>Legs and Butt</u> 2 sets of 12	DAY 8 <u>Chest and Arms</u> 2 sets of 12	DAY 9 <u>Rest</u>	DAY 10 <u>Abs</u> 2 sets of 12	DAY 11 <u>Back and Shoulders</u> 2 sets of 12	DAY 12 <u>Rest</u>
DAY 13 <u>Legs and Butt</u> 2 sets of 15	DAY 14 <u>Chest and Arms</u> 2 sets of 15	DAY 15 <u>Rest</u>	DAY 16 <u>Abs</u> 2 sets of 15	DAY 17 <u>Back and Shoulders</u> 2 sets of 15	DAY 18 <u>Rest</u>
DAY 19 <u>Legs and Butt</u> 3 sets of 10	DAY 20 <u>Chest and Arms</u> 3 sets of 10	DAY 21 <u>Rest</u>	DAY 22 <u>Abs</u> 3 sets of 10	DAY 23 <u>Back and Shoulders</u> 3 sets of 10	DAY 24 <u>Rest</u>
DAY 25 <u>Legs and Butt</u> 3 sets of 12	DAY 26 <u>Chest and Arms</u> 3 sets of 12	DAY 27 <u>Rest</u>	DAY 28 <u>Abs</u> 3 sets of 12	DAY 29 <u>Back and Shoulders</u> 3 sets of 12	DAY 30 <u>Rest</u> 