

30 DAY WEAKLING CHALLENGE

ARMS | CORE | SQUATS | WHINING

DAY	ARMS	CORE	SQUATS	WHINING
1	3 x 12 bicep curls 3 x 12 overhead triceps extensions 3 x 12 shoulder presses	30 x situps 35 x leg raises 20s plank	50	😏
2	3 x 12 bicep curls 3 x 12 overhead triceps extensions 3 x 12 shoulder presses	30 x situps 35 x leg raises 20s plank	50	😏
3	3 x 12 bicep curls 3 x 12 overhead triceps extensions 3 x 12 shoulder presses	30 x situps 35 x leg raises 20s plank	50	😏
4	REST DAY			
5	3 x 15 bicep curls 3 x 15 overhead triceps extensions 3 x 15 shoulder presses	35 x situps 40 x leg raises 25s plank	55	😏
6	3 x 15 bicep curls 3 x 15 overhead triceps extensions 3 x 15 shoulder presses	35 x situps 40 x leg raises 30s plank	60	😏
7	3 x 15 bicep curls 3 x 15 overhead triceps extensions 3 x 15 shoulder presses	35 x situps 40 x leg raises 35s plank	65	😏
8	REST DAY			
9	4 x 12 bicep curls 4 x 12 overhead triceps extensions 4 x 12 shoulder presses	40 x situps 45 x leg raises 40s plank	70	😏
10	4 x 12 bicep curls 4 x 12 overhead triceps extensions 4 x 12 shoulder presses	40 x situps 45 x leg raises 45s plank	75	😏
11	4 x 12 bicep curls 4 x 12 overhead triceps extensions 4 x 12 shoulder presses	40 x situps 45 x leg raises 50s plank	80	😏
12	REST DAY			
13	4 x 15 bicep curls 4 x 15 overhead triceps extensions 4 x 15 shoulder presses	50 x situps 50 x leg raises 55s plank	85	😏
14	4 x 15 bicep curls 4 x 15 overhead triceps extensions 4 x 15 shoulder presses	55 x situps 50 x leg raises 60s plank	90	😏
15	4 x 15 bicep curls 4 x 15 overhead triceps extensions 4 x 15 shoulder presses	60 x situps 50 x leg raises 65s plank	95	😏
16	REST DAY			
17	5 x 12 bicep curls 5 x 12 overhead triceps extensions 5 x 12 shoulder presses	65 x situps 55 x leg raises 70s plank	100	😏
18	5 x 12 bicep curls 5 x 12 overhead triceps extensions 5 x 12 shoulder presses	70 x situps 55 x leg raises 75s plank	105	😏
19	5 x 12 bicep curls 5 x 12 overhead triceps extensions 5 x 12 shoulder presses	75 x situps 55 x leg raises 80s plank	110	😏
20	REST DAY			
21	5 x 15 bicep curls 5 x 15 overhead triceps extensions 5 x 15 shoulder presses	80 x situps 60 x leg raises 85s plank	115	😏
22	5 x 15 bicep curls 5 x 15 overhead triceps extensions 5 x 15 shoulder presses	85 x situps 60 x leg raises 90s plank	120	😏
23	5 x 15 bicep curls 5 x 15 overhead triceps extensions 5 x 15 shoulder presses	90 x situps 60 x leg raises 95s plank	125	😏
24	REST DAY			
25	6 x 12 bicep curls 6 x 12 overhead triceps extensions 6 x 12 shoulder presses	95 x situps 75 x leg raises 100s plank	130	😏
26	6 x 12 bicep curls 6 x 12 overhead triceps extensions 6 x 12 shoulder presses	100 x situps 75 x leg raises 105s plank	135	😏
27	6 x 12 bicep curls 6 x 12 overhead triceps extensions 6 x 12 shoulder presses	110 x situps 75 x leg raises 110s plank	140	😏
28	REST DAY			
29	6 x 15 bicep curls 6 x 15 overhead triceps extensions 6 x 15 shoulder presses	120 x situps 80 x leg raises 115s plank	150	😏
30	6 x 15 bicep curls 6 x 15 overhead triceps extensions 6 x 15 shoulder presses	150 x situps 100 x leg raises 120s plank	200	😏