

# SLEEK ARMS

## Challenge

**DAY 1** 16

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 2** 17

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 3** 18

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 4** 19

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 5** 20

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 6** 21

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 7** 22

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 8** 23

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 9** 24

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 10** 25

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 11** 26

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 12** 27

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 13** 28

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 14** 29

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 15** 30

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 16** 31

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 17** 32

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 18** 33

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 19** 34

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 20** 35

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 21** 36

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 22** 37

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 23** 38

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 24** 39

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 25** 40

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 26** 41

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 27** 42

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 28** 43

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 29** 44

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs

**DAY 30** 45

- Arm Circles
- Arm Raises
- Prayer Pulses
- Half Cobra Push Ups
- Up Up Downs Downs



Arm Circles



Arm Raises



Prayer Pulses



Half Cobra Push Up



Up Up Down Dons