



1,000 Rep Arm Challenge

(100 Repetitions of Each Exercise)

****Utilize Proper Form for All Repetitions****

Warm Up

(5-8 minutes to prepare your body for the workout)

Standard Biceps Curls

Triceps Kickbacks

Side Raises

Front Raises

Hammer Curls

Overhead Extension

Up Right Row

Military Press

Scarecrow Extensions

Triceps Chair Dips or Triceps Push Ups

Cool Down & Stretch