

- **Exercise Goal:**

- **Nutrition Goal:**

- **Spiritual Goal:**

## Come ALIVE in April April Arms Challenge 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 30-Second Mini Plank with Leg Lifts (2x)	2 15 Tricep Dips	3 30-Second Plank Alt Knees In (2x)	4 12 Shoulder Presses (2x)	5 15 Tricep Push-Ups	6 30-Second Side Plank (2x)
7 45-Second Plank (2x)	8 15 Wide Arm Push-Ups	9 30-Second Mini Plank with Leg Lifts (2x)	10 20 Tricep Dips	11 Plank Alt Knees In (2x)	12 15 Shoulder Presses (2x)	13 20 Tricep Push-Ups
14 30 Second Side Plank (2x)	15 45-Second Plank	16 20 Wide Arm Push-Ups	17 20 Tricep Push-Ups	18 25 Tricep Dips	19 1-Minute Plank Alt Knees In	20 15 Shoulder Presses (2x)
21 25 Tricep Push-Ups	22 45-Second Plank (2x)	23 1-Minute Plank	24 20 Wide Arm Push-Ups	25 18 Shoulder Presses (2x)	26 30-Second Straight Arm Plank (2x)	27 25 Tricep Dips
28 1-Minute Plank Alt Knees In	29 20 Shoulder Presses (2x)	30 25 Wide Arm Push-Ups	Your goal is to do an arm exercise each day this month!			