

# BEAT THE HOLIDAYS CHALLENGE

## Week 5 Workout 2

### ARMS

SUPER-SETS	CHALLENGE LEVEL	REPS / SETS	WEIGHT / NOTES
BICEP CURLS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
TRICEP DIPS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
SEATED HAMMER CURLS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
SEATED TRICEP EXTENSIONS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
SEATED CURL TO EARS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
TRICEP KICK-BACKS	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	
DIAMOND PUSH-UPS ON KNEES	Beginner	10 x 2	
	Intermediate	15 x 3	
	Advanced	20 x 3	