

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 5 Push Ups 10 Tricep Dips :30 arm circles *	3
4	5	6 30 Punches 10 Wall Push Ups :30 arm circles *	7	8 5 Push Ups 10 Tricep Dips :30 arm circles *	9	10
11	12 30 Punches 10 Wall Push Ups :30 arm	13	14 5 Push Ups 10 Tricep Dips :30 arm circles *	15	16 30 Punches 10 Wall Push Ups :30 arm	17
18	19	20 5 Push Ups 10 Tricep Dips :30 arm circles *	21	22 30 Punches 10 Wall Push Ups :30 arm	23	24
25	26 5 Push Ups 10 Tricep Dips :30 arm	27	28 30 Punches 10 Wall Push Ups :30 arm	29	30 5 Push Ups 10 Tricep Dips :30 arm circles *	31

Mrs. LaPeer's At Home Family Arms Exercise Plan

Do each exercise 3 times in the order presented on each day as a family or individually.
(3 sets)

If needed take a brake after each set for one minute.

* Arm Circles will be done in both directions.
(backward and forward)