



November 2017

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

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)