

# Do Life Fit 24 Day Challenge

## Phase 2

### Day 1 – UPPER BODY

- *Start with a 5 – 10-minute warm-up with any type of cardio of your choice. Can be walk/run outside, on the treadmill, skipping rope, elliptical, bike, rowing machine, etc...*
- *All exercises should range from 8-12 reps. If it's too easy at the 10<sup>th</sup> rep range, I recommend increasing your weights.*
  1. Flat dumbbell or band press (chest)  
SUPERSET WITH
  2. Alternating bicep curls (biceps)
- *Rest 45 seconds to 60 seconds and repeat for a total of 3 to 4 sets before moving to the next superset of exercises.*
  3. One arm dumbbell or band row (back)  
SUPERSETE WITH
  4. Laying skull crushers (triceps)
- *Rest 45 seconds to 60 seconds and repeat for a total of 3 to 4 sets before moving to the next superset of exercises.*
  5. Front and side straight arm dumbbell raises (shoulders)
- *Rest 45 seconds to 60 seconds and repeat for a total of 3 to 4 sets before moving to the next superset of exercises.*
- *STRETCH*
- *DO NOT FORGET TO DRINK PLENTY OF WATER*