

Do Life Fit 24 Day Challenge

Phase 2

Day 14 – CHEST/BICEPS

➤ *Warm up with a cardio of your choice. (Treadmill, bike, elliptical, rowing machine, skipping rope, outdoor walk or run etc...*

1. Flat dumbbell, bands, or bar press.

Take 30 to 45 second rest.

Repeat for a total of 3 sets before moving to the next exercise.

2. Incline dumbbell or bar press – 8 – 12 reps.

Take 30 to 45 second rest.

Repeat for a total of 3 sets before moving to the next exercise.

3. Incline dumbbell chest flys – 8 – 12 reps.

Take 30 to 45 second rest.

Repeat for a total of 3 sets before moving to the next exercise.

4. Bicep curl with dumbbells or bands – 8 – 12 reps.

Take 30 to 45 second rest.

Repeat for a total of 3 sets before moving to the next exercise.

5. Reverse curl with dumbbells or bands – 8 – 12 reps.

Take 30 to 45 second rest.

Repeat for a total of 3 sets before moving to the next exercise.

6. Hammer curl with dumbbells or bands – 8 – 12 reps.

Take 30 to 45 second rest.

Repeat for a total of 3 sets before moving to the next exercise.

7. 21'S with dumbbells – 7 half curls from the bottom, 7 half curls from the middle, 7 full curls.

Take 30 to 45 second rest

Repeat for a total of 3 sets

➤ *STRETCH*

➤ *DO NOT FORGET TO DRINK PLENTY OF WATER*