

TRICEP DESK DIPS

MAY FITNESS CHALLENGE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 5 Tricep Dips	2 7 Tricep Dips	3 Rest day!	4 Rest day!
5 10 Tricep Dips	6 12 Tricep Dips	7 14 Tricep Dips	8 16 Tricep Dips	9 18 Tricep Dips	10 Rest day!	11 Rest day!
12 21 Tricep Dips	13 23 Tricep Dips	14 25 Tricep Dips	15 27 Tricep Dips	16 29 Tricep Dips	17 Rest day!	18 Rest day!
19 32 Tricep Dips	20 34 Tricep Dips	21 36 Tricep Dips	22 38 Tricep Dips	23 40 Tricep Dips	24 Rest day!	25 Rest day!
26 42 Tricep Dips	27 44 Tricep Dips	28 46 Tricep Dips	30 48 Tricep Dips	31 50 Tricep Dips		