

28 DAY TRICEPS DIPS CHALLENGE

Instructions: Use chair, bench etc. Slide forward just far enough that your behind clears the edge of chair, then lower yourself until your elbows are bent between 45 and 90 degrees. Slowly push yourself back up to the start position and repeat.



Beginners - Bend knees

SUN	MON	TUE	WED	THU	FRI	SAT
	¹ 10	² 10	³ 10	⁴ REST	⁵ 10	⁶ 10
⁷ 15	⁸ REST	⁹ 15	¹⁰ 15	¹¹ 15	¹² REST	¹³ 15
¹⁴ 2 sets of 10	¹⁵ 2 sets of 10	¹⁶ REST	¹⁷ 2 sets of 10	¹⁸ 2 sets of 10	¹⁹ 2 sets of 10	²⁰ REST
²¹ 2 sets of 10	²² 3 sets of 10	²³ 3 sets of 10	²⁴ REST	²⁵ 3 sets of 10	²⁶ 3 sets of 10	²⁷ 3 sets of 10
²⁸ REST					FEBRUARY 2021	