brain.body.food.

helping you stay fit for life.

Beginner Fitness

CHEST AND BICEPS

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Pick a Number Push Ups								
1 minute break								
Dynamic Tension Bicep Curls								
1 minute break								
Military Pushups								
1 minute break								
Inverted Chin Curl								
1 minute break								
Diamond Pushups								
1 minute break								
Countertop Edge Curl								
2 minute break								
Pick a Number Push Ups								
1 minute break								
Dynamic Tension Bicep Curls								
1 minute break								
Military Pushups								
1 minute break								
Inverted Chin Curl								
1 minute break								
Diamond Pushups								
1 minute break								
Countertop Edge Curl								