

# CHALLENGE 30 JOURS BRAS

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|  |  |  |  |  |  |
|--|--|--|--|--|--|
| <b>1</b><br>6 pompes<br>6 dips<br>10 biceps<br>curls<br>10 up up<br>down down    | <b>2</b><br>8 pompes<br>8 dips<br>15 biceps<br>curls<br>15 up up<br>down down    | <b>3</b><br>10 pompes<br>10 dips<br>18 biceps<br>curls<br>15 up up<br>down down  | <b>4</b><br>#REPOS   | <b>5</b><br>12 pompes<br>12 dips<br>20 biceps<br>curls<br>20 up up<br>down down  | <b>6</b><br>14 pompes<br>15 dips<br>20 biceps<br>curls<br>25 up up<br>down down  |
| <b>7</b><br>16 pompes<br>25 dips<br>25 biceps<br>curls<br>25 up up<br>down down  | <b>8</b><br>#REPOS   | <b>9</b><br>18 pompes<br>25 dips<br>25 biceps<br>curls<br>25 up up<br>down down  | <b>10</b><br>20 pompes<br>30 dips<br>26 biceps<br>curls<br>26 up up<br>down down | <b>11</b><br>22 pompes<br>30 dips<br>27 biceps<br>curls<br>27 up up<br>down down | <b>12</b><br>#REPOS  |
| <b>13</b><br>24 pompes<br>35 dips<br>28 biceps<br>curls<br>28 up up<br>down down | <b>14</b><br>26 pompes<br>35 dips<br>29 biceps<br>curls<br>55 up up<br>down down | <b>15</b><br>28 pompes<br>40 dips<br>29 biceps<br>curls<br>29 up up<br>down down | <b>16</b><br>#REPOS  | <b>17</b><br>30 pompes<br>40 dips<br>30 biceps<br>curls<br>30 up up<br>down down | <b>18</b><br>32 pompes<br>45 dips<br>30 biceps<br>curls<br>30 up up<br>down down |
| <b>19</b><br>34 pompes<br>45 dips<br>31 biceps<br>curls<br>31 up up<br>down down | <b>20</b><br>#REPOS  | <b>21</b><br>36 pompes<br>46 dips<br>31 biceps<br>curls<br>31 up up<br>down down | <b>22</b><br>46 dips<br>32 biceps<br>curls<br>32 up up<br>down down              | <b>23</b><br>40 pompes<br>47 dips<br>32 biceps<br>curls<br>32 up up<br>down down | <b>24</b><br>#REPOS  |
| <b>25</b><br>42 pompes<br>47 dips<br>33 biceps<br>curls<br>33 up up<br>down down | <b>26</b><br>44 pompes<br>48 dips<br>33 biceps<br>curls<br>33 up up<br>down down | <b>27</b><br>46 pompes<br>48 dips<br>34 biceps<br>curls<br>34 up up<br>down down | <b>28</b><br>#REPOS  | <b>29</b><br>48 pompes<br>49 dips<br>35 biceps<br>curls<br>35 up up<br>down down | <b>30</b><br>50 pompes<br>50 dips<br>35 biceps<br>curls<br>35 up up<br>down down |

YOU CAN HAVE  
**RESULTS**  
- OR -  
**EXCUSES**  
NOT BOTH.

# LES MOUVEMENTS

## UP UP DOWN DOWN



## DIPS



## BICEPS CURL



## POMPES



**J'espère que ce challenge vous plaira. A vous de jouer !!!!**

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