

GoodtoKnow

# The 30-day bingo wing challenge!

Banish bingo wings for good - with just a few simple moves!



<b>DAY 1</b> 10 reverse planks x 2 sets (1 min rest between)	<b>DAY 2</b> 8 incline tricep press ups x 2 sets (1 min rest between)	<b>DAY 3</b> 6 up & down planks x 2 sets (1 min rest between)	<b>DAY 4</b> <b>REST</b>	<b>DAY 5</b> 10 reverse planks x 2 sets (1 min rest between)	<b>DAY 6</b> 8 incline tricep press ups x 2 sets (1 min rest between)	<b>DAY 7</b> 6 up & down planks x 2 sets (1 min rest between)	<b>DAY 8</b> <b>REST</b>	<b>DAY 9</b> 10 reverse planks x 3 sets (1 min rest between)	<b>DAY 10</b> 8 incline tricep press ups x 3 sets (1 min rest between)
<b>DAY 11</b> 6 up & down planks x 3 sets (1 min rest between)	<b>DAY 12</b> <b>REST</b>	<b>DAY 13</b> 10 reverse planks x 3 sets (1 min rest between)	<b>DAY 14</b> 8 incline tricep press ups x 3 sets (1 min rest between)	<b>DAY 15</b> 6 up & down planks x 3 sets (1 min rest between)	<b>DAY 16</b> <b>REST</b>	<b>DAY 17</b> 10 reverse planks x 3 sets (45 secs rest between)	<b>DAY 18</b> 8 incline tricep press ups x 3 sets (45 secs rest between)	<b>DAY 19</b> 6 up & down planks x 3 sets (45 secs rest between)	<b>DAY 20</b> <b>REST</b>
<b>DAY 21</b> 10 reverse planks x 3 sets (45 secs rest between)	<b>DAY 22</b> 8 incline tricep press ups x 3 sets (45 secs rest between)	<b>DAY 23</b> 6 up & down planks x 3 sets (45 secs rest between)	<b>DAY 24</b> <b>REST</b>	<b>DAY 25</b> 10 reverse planks x 4 sets (1 min rest between)	<b>DAY 26</b> 8 incline tricep press ups x 4 sets (1 min rest between)	<b>DAY 27</b> 6 up & down planks x 4 sets (1 min rest between)	<b>DAY 28</b> <b>REST</b>	<b>DAY 29</b> 10 reverse planks x 4 sets (45 secs rest between)	<b>DAY 30</b> 8 incline tricep press ups x 4 sets (45 secs rest between)

*Get ready to change your arms forever!*