

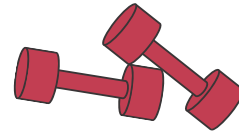


ARM SCULPTING CHALLENGE CHECK LIST



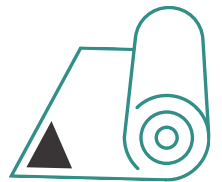
Get Your Stuff

2 Light Dumbbells (2, 3, or 5 pound weights)
2 Medium Dumbbells (5, 8, or 10 pound weights)
1 Heavier Dumbbell (12, 15, or 20)
Yoga Mat or Exercise Mat
Yoga Strap or Belt



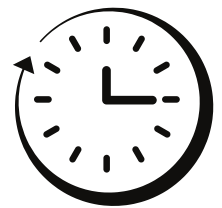
Set Up Your Practice Space

Choose a location in your home where you can set up your stuff and preferably leave it there. If your space is limited, like mine, keep your mat and weights tucked away but easy to access. Set up in front of a mirror to keep an eye on your form. If you're joining our 30-Day Arm Sculpting Course, you'll want to see your screen in front of you and be able to see yourself from the side.



Create an Implementation Intention

Write down when and where you'll do your arm weight exercises. Example: "On Monday, Wednesday, and Friday at 9:00am I will do my Arm Sculpting Exercises in the living room." Research conducted in Britain in 2001 showed that 91% of the people who created Implementation Intentions for exercise followed through at least once during the week.



Choose 3-4 weight-lifting exercises that target your biceps, triceps, and deltoids. (I'll teach you how!)

- Hammer Curls
- Bicep Curls
- Front Lifts
- Tricep Extensions



Create a weight lifting habit.

One of the keys to sculpting your arms is to lift weights consistently, make it a habit. How do you successfully create a new habit?

- Make it easy
- Make it visible
- Make it enjoyable



Balance with Yoga

This is vital to keep your neck, shoulders, elbows, and wrists strong and flexible. As well, our full body yoga days keep your lower body strong and flexible too.

Have fun checking the boxes!



Come to the 5-Day Arm-Sculpting Challenge!

www.rebeccasnowball.com/sculpt