

Buns & Guns November 2018 Challenge

The November Challenge will be a challenge focused on building bigger arms and a better looking bum! The workouts below will be focus on these goals, so focus on the first exercise as a main lift and then progress through the other lifts in order. Take your time on the main lift as it will be the Big Compound Movement for the day. Then the rest of the lifts will focus on building up those arms or glutes. But first things first take a picture of your best beard and bicep shot (guys), gals just take a tasteful bicep shot! Be sure to measure your bicep flexed at the peak of the flex. Then at the end of the workouts take another photo and measure those biceps again to check your progress! Send them to: [howlandjess@gmail.com](mailto:howlandjess@gmail.com)

	Week 1	Week 2	Week 3	Week 4	Notes
<b>Shoulders Bicep Tricep</b>					
Standing BB Press	3x10	4x10	4x6-8	5x5	
DB Shoulder Press	3x10-12	4x10-12	4x8-10	4x10-12	
BB Curls	3x10	4x10	4x10	4x10	
Skullcrushers	3x10	4x10	4x10	4x10	
DB Hammer Curls	3x15	3x15	3x15-20	3x15	
Tricep Rope Extensions	3x15	3x15	3x15-20	3x15	
<b>Chest Bicep Tricep</b>					
Bench Press	3x10	4x10	4x6-8	5x5	
DB Incline Press	3x10-12	4x10-12	4x8-10	4x10-12	
EZ Bar Curls	3x10	4x10	4x10	4x10	
BB Close Grip Bench Press	3x10	4x10	4x10	4x10	
DB Curls	3x15	3x15	3x15-20	3x15-20	
DB Skullcrushers	3x15	3x15	3x15-20	3x15-20	
<b>Shoulder Bicep Tricep</b>					
Military Press	3x10	4x10	4x6-8	5x5	
DB Lateral Raises	3x10-12	4x10-12	4x8-10	4x8-10	
Chin Ups	3x Max reps	4x Max reps	5x Max reps	5x Max reps	
Dips	3x Max reps	4x Max reps	5x Max reps	5x Max reps	
DB Incline Curls	3x10-12	3x10-12	3x15-20	3x15-20	
Tricep Band Pressdowns	3x15	3x15	3x15-20	3x15-20	
DB Concentration Curls	3x 15	3x 15	3x 15	3x 15	
<b>Chest Bicep Tricep</b>					
BB Incline Press	3x10	4x10	4x6-8	5x5	
DB Flyes	3x10-12	4x10-12	4x8-10	4x10-12	
Pullups	3x10	4x10	4x10-12	4x10	
Bench Dips	3x Max reps	4x Max reps	5x Max reps	4x Max reps	
Inverted Palm Up Rows	3x Max reps	4x Max reps	5x Max reps	4x Max reps	
DB Alternating Curls	3x15	3x15	3x15-20	3x15	
DB Overhead Extensions	3x15	3x15	3x15	3x15	
<b>BB</b>	Barbell				
<b>DB</b>	Dumbbell				