The Challenge

Intermediate | 5 min | 49 Kcal

1 

Reverse Barbell Curl

Barbell

40 Seconds

Rest **20 Seconds**

2 

Seated Alternating Curl

Barbell

40 Seconds

Rest **20 Seconds**

3 

Concentration Curl

Dumbbell

20 Seconds

Rest **20 Seconds**

4 

Triceps Kickbacks

Dumbbell

40 Seconds

Rest **20 Seconds**

5 

Tricep bench dips

Bench / Chair

40 Seconds

Rest **20 Seconds**

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6		Barbell Wrist Curls Barbell	40 Seconds

Armify

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

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