

January M.O.B.A. Challenge How-To

Bear Plank- [How To Do A Bear Crawl Plank](#)

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| Week One | Bicep Curls Tri Dip Wrist Curls |
| Week Two | Hammer Curl Tricep Ext Farmer's Walk/Carry |
| Week Three | Concentration Bicep Curls Tri Dip Reverse Wrist Curls |
| Week Four | Isometric Holds Bicep Curls Modified Pushup Resistance Band Pushups Proper Pushup Wall Pushup Squeeze Ball <small>5 reps (5 second holds for 45 seconds)</small> Forearm Cherry Pickers |