30 DAY ARM WORKOUT Saturday Sunday Monday Tuesday Wednesday Thursday Fríday Arm Arm Arm Routine Routine Routine #2 #3 #1 Arm Arm Routíne Routine #4 #5 Arm Arm Arm Routine Routine Routine #2 #3 #1 Arm Arm Routine Routine #5 #4 Arm Arm Arm Routine Routine Routine #1 #2 #3

Arm Routine #1		Arm Routine #2	Routine#1 A	Arı	Arm Routine #3		Arm Routine #4		Arm Routine #5	
	Arm Circles 30 seconds 4 reps	Tricep Extensions 15 reps 3 sets	30 seconds		Bicep Curls 10 reps 3 sets		Tricep Extensions 15 reps 3 sets		Push ups 5 reps 3 sets	
	Push ups 5 reps 3 sets	Arm Circles 30 seconds 4 reps	5 reps		Tricep Dips 15 reps 3 sets		Bicep Curls 10 reps 3 sets		Tricep Kickback 15 reps 3 sets	
	Lateral Raise 10 reps 2 sets	Lateral Raise 10 reps 2 sets	Raise 10 reps		Arm Circles 30 seconds 4 reps		Tricep Dips 15 reps 3 sets		Bicep Curls 10 reps 3 sets	
	Tricep Extensions 15 reps 3 sets	Tricep Dips 15 reps 3 sets	Extensions 15 reps		Push ups 5 reps 4 sets		Arm Circles 30 seconds 4 reps		Lateral Raise 10 reps 2 sets	
	Bicep Curls 10 reps 3 sets	Shoulder Press 15 reps 3 sets	10 reps		Tricep Kickback 15 reps 3 sets		Shoulder Press 15 reps 3 sets		Arm Circles 30 seconds 4 reps	