

30 DAY ARM WORKOUT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Arm Routine #1		Arm Routine #2		Arm Routine #3
			Arm Routine #4		Arm Routine #5	
		Arm Routine #1		Arm Routine #2		Arm Routine #3
			Arm Routine #4		Arm Routine #5	
		Arm Routine #1		Arm Routine #2		Arm Routine #3

Arm Routine #1	Arm Routine #2	Arm Routine #3	Arm Routine #4	Arm Routine #5
Arm Circles 30 seconds 4 reps	Tricep Extensions 15 reps 3 sets	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	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	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	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	Tricep Kickback 15 reps 3 sets	Shoulder Press 15 reps 3 sets	Arm Circles 30 seconds 4 reps