

30 Day Arm Challenge

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				Shape.com	LiftVault.com	SpreadsheetClass.com
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Wide Grip Push Ups 3 sets 15 reps	Triceps Dip 3 sets 15 reps	Triceps Push Up 3 sets 10 reps	Plank Tap 30 seconds	Crouching Tiger Push Up 3 sets 10 reps	Straight Arm Fine Tuning 15 floor taps, 15 hip taps + Dolphin Push Ups (25 sec) run 3 times	Push Ups 8 sets 8 reps to 1 rep, descending 5 seconds of child's pose rest between sets
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Skull Crusher 3 sets 15 reps	Close Grip Press 3 sets 15 reps	Overhead Pull 3 sets 15 reps	Plank Up/Down 30 seconds, alternating which arm goes first	Bicep Curl 3 sets 25 reps 10 full reps, 5 reps lowering halfway, 10 full reps	Same arm fine tuning as Day 6 + 25 sec of Plank Up/Down 3 sets	Same descending push ups as Day 7 Instead of child's pose between sets, do 20 seconds of elbow planks
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Overhead Triceps Extension 8 full reps, 8 pulsing at bottom of movement, 4 full reps + bodyweight triceps extension (12-15 reps) 3 sets each, alternating	Bicep Curl 8/8/4 reps (full/half/full) + wide grip push ups 15 reps 3 sets	Tricep Kickbacks 3 sets of 12-15 + tricep push ups 3 sets of 10 reps	1 Plank Up/Down + 2 Plank Jack for 30 sec 3 sets	Hammer Curl 8/8/4 reps + Crouching Tiger Push Ups 10 reps 3 sets	Same arm fine tuning as Day 6 + Hand Release Push Ups 25 seconds 3 sets	Descending push ups, starting at 10, down to 1 + elbow plank 20 sec between sets
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Tricep Push Up to Bodweight Tricep Extension Flow 10 reps	Triceps Dip (5 reps) to Panther (4 steps forward, 4 steps backward) Flow repeat 5 times	Plank Triceps Extension (3 reps), Triceps Push Ups (2 reps) repeat 5 times	Plank Up/Down (1 rep), Plank Jack (2 reps), Mountain Climbers (4 reps per side) repeat 3 times	Crouching Tiger Push Up (3 reps), Dive Bomber Push Up (3 reps) repeat 5 times	Same arm fine tuning as Day 6, hand release push up (30 sec) repeat 3 times	Descending push ups, starting at 12, down to 1 + elbow plank 20 between sets
Day 29		Day 30		Notes		
Skull crushers (15 reps) Tricep Push Ups to Bodyweight Tricep extension flow (8-10 reps) 3 sets		Tricep kickbacks 15 reps, Panther (4 steps fwd, 4 steps back = 1 rep) 5 reps 3 sets				