

30 Day Arm workout Challenge

A tough-but-worth-it arm challenge, doable with tins of beans from the cupboard before cooking dinner.

DAY 1 ☐ Bench press 6 reps x3, push-ups 12 reps, triceps 10 reps x2	DAY 2 ☐ Rows 6 reps x3, chin-ups 6 reps, bicep curls 10 reps x2	DAY 3 ☐ Rest day	DAY 4 ☐ Bench press 8 reps x3, push-ups 14 reps, triceps 12 reps x2	DAY 5 ☐ Rows 8 reps x3, chin-ups 8 reps, bicep curls 12 reps x2
DAY 6 ☐ Rest day	DAY 7 ☐ Bench press 10 reps x3, push-ups 16 reps, triceps 10 reps x3 (add weight)	DAY 8 ☐ Rows 10 reps x3, chin-ups 10 reps, bicep curls 10 reps x3 (add weight)	DAY 9 ☐ Rest day	DAY 10 ☐ Bench press 12 reps x3, push-ups 18 reps, triceps 12 reps x3
DAY 11 ☐ Rows 12 reps x3, chin-ups 12 reps, bicep curls 12 reps x3	DAY 12 ☐ Rest day	DAY 13 ☐ Bench press 15 reps x3, push-ups 20 reps, triceps 10 reps x4 (add weight)	DAY 14 ☐ Rows 15 reps x3, chin-ups 14 reps, bicep curls 10 reps x4 (add weight)	DAY 15 ☐ Rest day
DAY 16 ☐ Bench press 6 reps x4 (add weight), push-ups 22 reps, triceps 12 reps x4	DAY 17 ☐ Rows 6 reps x4 (add weight), chin-ups 16 reps, bicep curls 12 reps x4	DAY 18 ☐ Rest day	DAY 19 ☐ Bench press 8 reps x4, push-ups 22 reps, triceps 10 reps x5 (add weight)	DAY 20 ☐ Rows 8 reps x4, chin-ups 18 reps, bicep curls 10 reps x5 (add weight)
DAY 21 ☐ Rest day	DAY 22 ☐ Bench press 10 reps x4, push-ups 26 reps, triceps 12 reps x5	DAY 23 ☐ Rows 10 reps x4, chin-ups 20 reps, bicep curls 12 reps x5	DAY 24 ☐ Rest day	DAY 25 ☐ Bench press 12 reps x4, push-ups 28 reps, triceps 10 reps x6 (add weight)
DAY 26 ☐ Rows 12 reps x4, chin-ups 22 reps, bicep curls 10 reps x6 (add weight)	DAY 27 ☐ Rest day	DAY 28 ☐ Bench press 15 reps x4, push-ups 30 reps, triceps 12 reps x6	DAY 29 ☐ Rows 15 reps x4, chin-ups 24 reps, bicep curls 12 reps x6	DAY 30 ☐ Rest day

Started on: _____ Tick off each day as you go . more free challenges at arloriverrex.com/30-day-challenges