



30-DAY

TONED ARMS

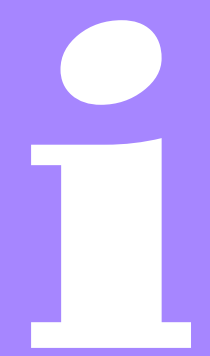
WORKOUT PLAN

Equipment: 



PLAN INTRODUCTION

Arm strengthening is a cornerstone of any comprehensive fitness program. Strong arms go beyond physical aesthetics. Functionally, having strong arms is essential for numerous daily tasks like carrying, lifting, pushing, and pulling. The following workout plan targets the various arm muscles as best as possible without the need for added weight.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN

Day 1	10 pushups, 10 triceps dips, 10 shoulder presses	Day 9	11 standing rows, 11 hammer curls, 11 lying rear deltoid raises	Day 17	13 back files, 13 bicep curls, 13 lateral raises	Day 25	REST DAY!
Day 2	10 back files, 10 bicep curls, 10 lateral raises	Day 10	REST DAY!	Day 18	13 pullovers, 13 kickbacks, 13 front raises	Day 26	15 pushups, 15 tricep dips, 15 shoulder presses
Day 3	10 pullover, 10 kickbacks, 10 front raises	Day 11	12 pushups, 12 tricep dips, 12 shoulder presses	Day 19	13 standing rows, 13 hammer curls, 13 lying rear deltoid raises	Day 27	15 back files, 15 biceps curls, 15 lateral raises
Day 4	10 standing rows, 10 hammer curls, 10 lying rear deltoid raises	Day 12	12 back files, 12 bicep curls, 12 lateral raises	Day 20	REST DAY!	Day 28	15 pullovers, 15 kickbacks, 15 front raises
Day 5	REST DAY!	Day 13	12 pullovers, 12 kickbacks, 12 front raises	Day 21	14 pushups, 14 tricep dips, 14 shoulder presses	Day 29	15 standing rows, 15 hammer curls, 15 lying rear deltoid raises
Day 6	11 pushups, 11 tricep dips, 11 shoulder presses	Day 14	12 standing rows, 12 hammer curls, 12 lying rear deltoid raises	Day 22	14 back files, 14 bicep curls, 14 lateral raises	Day 30	FLEX IT OUT!
Day 7	11 back files, 11 biceps curls, 11 lateral raises	Day 15	REST DAY!	Day 23	14 pullovers, 14 kickbacks, 14 front raises		
Day 8	11 pullovers, 11 kickbacks, 11 front raises	Day 16	13 pushups, 13 tricep dips, 13 shoulder presses	Day 24	14 standing rows, 14 hammer curls, 14 lying rear deltoid raises		



Push Ups

1. With your legs extended back, place the hands below the shoulders, slightly wider than shoulder-width apart.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. Push back to the starting position. A 1-second push, 1-second pause, 2-second down count is ideal.
4. Repeat.



Tricep Dips

1. Place your hands behind you onto a chair, so that your fingers face forward.
2. Extend your legs and start bending your elbows.
3. Lower your body until your arms are at a 90-degree angle.
4. Lift your body back up until your arms are straight.



Dumbbell Shoulder Press

1. Stand with your feet shoulder-width apart and hold a dumbbell in each hand.
2. With your palms facing forward and your elbows under your wrists, position the dumbbells at your shoulders.
3. Push the dumbbells up and fully extend your arms.
4. Lower the dumbbells back down to your shoulders and repeat the movement until the set is complete.



Back flies

1. Grab a pair of dumbbells and stand with your feet hip-width apart and your knees slightly bent.
2. Hinge forward at the hips and let your arms hang straight down from your shoulders, palms facing your body.
3. Raise both arms out to the sides as you squeeze your shoulder blades together.
4. Return to start.





Bicep Curls

1. Stand straight with a dumbbell in each hand, your feet shoulder-width apart, and hands by your sides.
2. Squeeze the biceps and lift the dumbbells. Keep the elbows close to your body and the upper arms stationary, only the forearms should move.
3. Once the dumbbells are at shoulder level, slowly lower the arms to the starting position.



Dumbbell Lateral Raise

1. Grab a set of dumbbells and stand straight.
2. With your palms facing down, lift the dumbbells and raise your arms out to the sides.
3. Once your elbows are at shoulder height, pause, and then slowly lower the arms back to the initial position.
4. Repeat.



Dumbbell Pullover

1. Hold a dumbbell in each hand or hold only one dumbbell with both hands and lie down with your knees bent.
2. Press your arms up and keep your hands together with the palms facing each other.
3. Lower the dumbbells over and beyond your head until your upper arms are in line with your torso.
4. Pull the dumbbells up and over your chest and repeat.



Dumbbell Triceps Kickback

1. Grab a set of dumbbells, bring your torso forward and bend your knees slightly.
2. Bring your elbows up, so that your upper arms are parallel to the floor, and kick back until your arms are fully extended.
3. Slowly lower the weights to the starting position.
4. Repeat





Dumbbell Front Raise

1. Grab a set of dumbbells and stand straight.
2. With your palms facing down, lift one dumbbell until your arm is slightly above parallel to the floor.
3. Pause and then slowly lower the arm back to the starting position.
4. Repeat with the opposite arm and keep alternating sides until the set is complete.



Standing Row

1. Stand holding a pair of dumbbells in front of your thighs and bend forward at the waist.
2. Pull the dumbbells toward your chest, keeping your arms a little wider than shoulder-width apart.
3. Lower the dumbbells and return to the initial position.
4. Repeat this exercise until the set is complete.



Hammer Curls

1. Stand straight with your feet hip-width apart and hold the weights with your palms facing your thighs.
2. Bend your elbows and bring the weights up, until the dumbbells are at shoulder level.
3. Pause and then lower the dumbbells back to the starting position.
4. Repeat this move until the set is complete.



Lying Rear Delt Raise

1. Lie chest down on a flat bench. Grasp a dumbbell in each hand.
2. Keep your arms extended and bend your elbows slightly. Your palms should be facing your torso.
3. Raise your arms until your elbows are at shoulder height. Your arms should be parallel to the floor, exhaling as you do so. Hold the contraction when you get to the top.
4. Lower the dumbbells to the starting position. Inhale as you perform this movement.





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