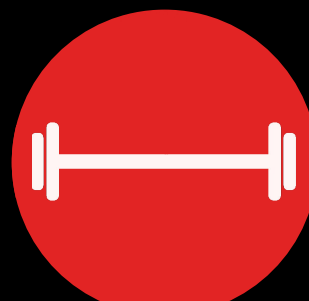


HIITRAZE

Equipment:   

30-DAYS

ARM BLASTER

CHALLENGE



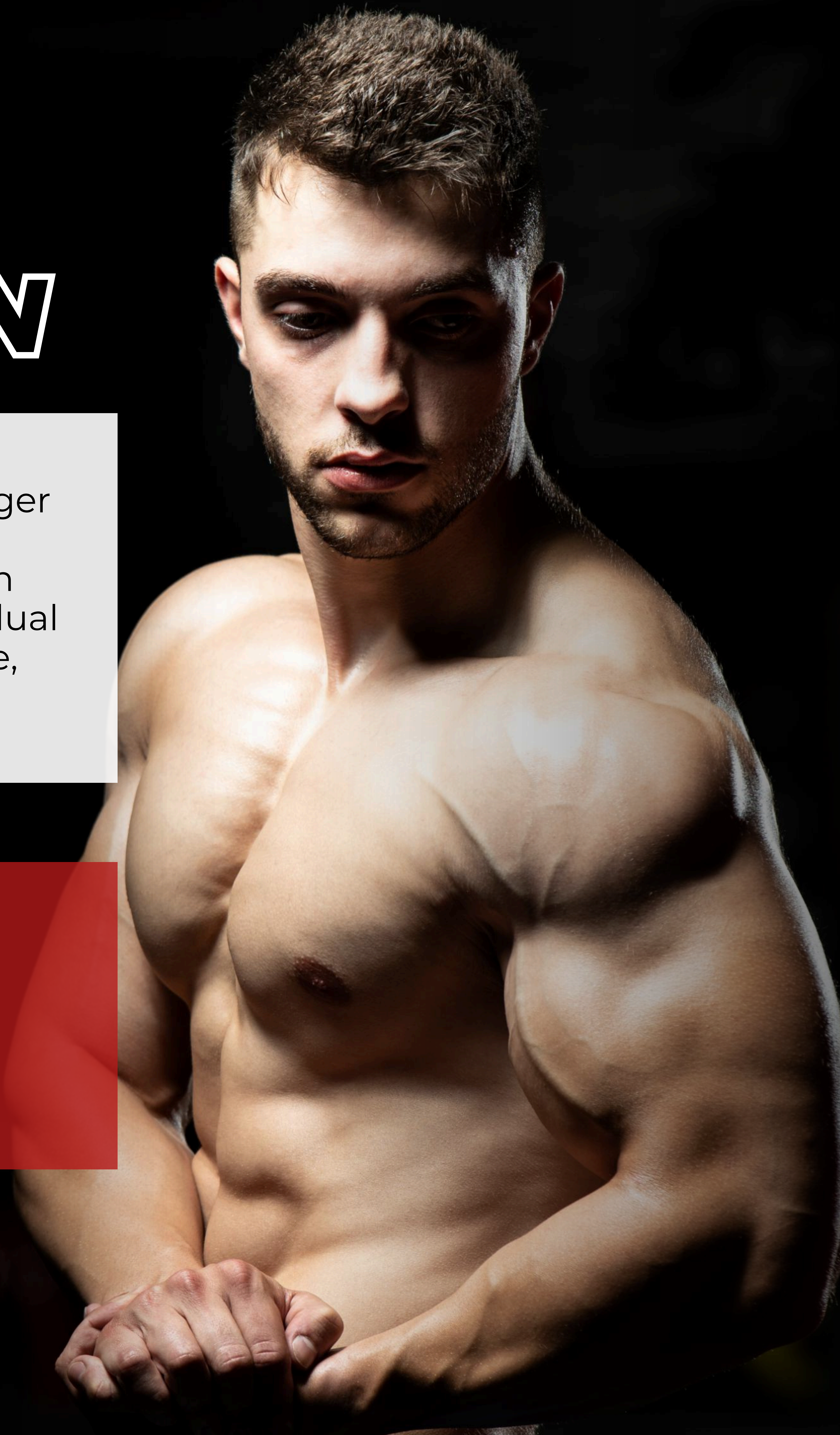


PLAN INTRODUCTION

The Men's 30-Day Arm Blaster Challenge aims to help develop stronger and more defined arms through a set of exercises and routines designed to test and build muscles. The challenge is suitable for both seasoned fitness enthusiasts and beginners, and the focus is on gradual overload and appropriate technique. By committing to the challenge, individuals can expect substantial improvements in just 30 days.



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	Bicep Curl 3x10, Hammer Curl 3x10	DAY 2	Tricep Pushdown 3x10, Close Grip Bench Press 3x10	DAY 3	REST	DAY 4	Preacher Curl 3x10, Skull Crushers 3x10	DAY 5	Tricep Dips 3x10, Standing Barbell Curl 3x10	DAY 6	REST
DAY 7	Chin-ups 3x10, Diamond Push-ups 3x10	DAY 8	Alternating Dumbbell Curl 3x10, Tricep Cable Kickback 3x10	DAY 9	Overhead Tricep Extension 3x10, Concentration Curl 3x10	DAY 10	REST	DAY 11	Hammer Curl 3x10, Tricep Pushdown 3x10	DAY 12	Reverse Grip Curl 3x10, Close Grip Bench Press 3x10
DAY 13	REST	DAY 14	Bicep Curl 3x10, Skull Crushers 3x10	DAY 15	Standing Dumbbell Curl 3x10, Tricep Dips 3x10	DAY 16	Cable Hammer Curl 3x10, Tricep Rope Pushdown 3x10	DAY 17	REST	DAY 18	Barbell Curl 3x10, Overhead Tricep Extension 3x10
DAY 19	Tricep Bench Dip 3x10, Reverse Grip Bench Press 3x10	DAY 20	REST	DAY 21	Chin-ups 3x10, Diamond Push-ups 3x10	DAY 22	Zottman Curl 3x10, Tricep Cable Kickback 3x10	DAY 23	Incline Dumbbell Curl 3x10, Tricep Overhead Cable Extension 3x10	DAY 24	REST
DAY 25	Hammer Curl 3x10, Close Grip Push-ups 3x10	DAY 26	Preacher Curl 3x10, Tricep Rope Pushdown 3x10	DAY 27	REST	DAY 28	Bicep Curl 3x10, Skull Crushers 3x10	DAY 29	Cable Curl 3x10, Diamond Push-ups 3x10	DAY 30	Tricep Dips 3x10, Standing Barbell Curl 3x10



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