

Blogilates

**30
DAY**

SLEEK ARMS CHALLENGE

complete the # of
reps of each exercise
listed every day to
sculpt your sleek
arms by day 30!



Arm Circles



Arm Raises



Single Chest Press Pulse



Half Cobra Push Up



Up Up Down Downs

1

- ☐ 10 Arm Circles
- ☐ 10 Arm Raises
- ☐ 10 Single Chest Press Pulses

2

- ☐ 11 Arm Circles
- ☐ 11 Arm Raises
- ☐ 11 Single Chest Press Pulses

3

- ☐ 12 Arm Circles
- ☐ 12 Arm Raises
- ☐ 12 Single Chest Press Pulses

4

- ☐ 13 Arm Circles
- ☐ 13 Arm Raises
- ☐ 13 Single Chest Press Pulses

5

- ☐ 14 Arm Circles
- ☐ 14 Arm Raises
- ☐ 14 Single Chest Press Pulses

6

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses

7

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 5 Half Cobra Push Ups

8

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 6 Half Cobra Push Ups

9

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 7 Half Cobra Push Ups

10

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 8 Half Cobra Push Ups

11

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 9 Half Cobra Push Ups

12

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 10 Half Cobra Push Ups

13

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 11 Half Cobra Push Ups
- ☐ 5 Up Up Down Downs

14

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 12 Half Cobra Push Ups
- ☐ 6 Up Up Down Downs

15

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 13 Half Cobra Push Ups
- ☐ 7 Up Up Down Downs

16

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 14 Half Cobra Push Ups
- ☐ 8 Up Up Down Downs

17

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 15 Half Cobra Push Ups
- ☐ 9 Up Up Down Downs

18

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 15 Half Cobra Push Ups
- ☐ 10 Up Up Down Downs

19

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 15 Half Cobra Push Ups
- ☐ 11 Up Up Down Downs

20

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 15 Half Cobra Push Ups
- ☐ 12 Up Up Down Downs

21

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 15 Half Cobra Push Ups
- ☐ 13 Up Up Down Downs

22

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 15 Half Cobra Push Ups
- ☐ 14 Up Up Down Downs

23

- ☐ 15 Arm Circles
- ☐ 15 Arm Raises
- ☐ 15 Single Chest Press Pulses
- ☐ 15 Half Cobra Push Ups
- ☐ 15 Up Up Down Downs

24

- ☐ 16 Arm Circles
- ☐ 16 Arm Raises
- ☐ 16 Single Chest Press Pulses
- ☐ 16 Half Cobra Push Ups
- ☐ 16 Up Up Down Downs

25

- ☐ 17 Arm Circles
- ☐ 17 Arm Raises
- ☐ 17 Single Chest Press Pulses
- ☐ 17 Half Cobra Push Ups
- ☐ 17 Up Up Down Downs

26

- ☐ 18 Arm Circles
- ☐ 18 Arm Raises
- ☐ 18 Single Chest Press Pulses
- ☐ 18 Half Cobra Push Ups
- ☐ 18 Up Up Down Downs

27

- ☐ 19 Arm Circles
- ☐ 19 Arm Raises
- ☐ 19 Single Chest Press Pulses
- ☐ 19 Half Cobra Push Ups
- ☐ 19 Up Up Down Downs

28

- ☐ 20 Arm Circles
- ☐ 20 Arm Raises
- ☐ 20 Single Chest Press Pulses
- ☐ 20 Half Cobra Push Ups
- ☐ 20 Up Up Down Downs

29

- ☐ 21 Arm Circles
- ☐ 21 Arm Raises
- ☐ 21 Single Chest Press Pulses
- ☐ 21 Half Cobra Push Ups
- ☐ 21 Up Up Down Downs

30

- ☐ 22 Arm Circles
- ☐ 22 Arm Raises
- ☐ 22 Single Chest Press Pulses
- ☐ 22 Half Cobra Push Ups
- ☐ 22 Up Up Down Downs