



30
day

ARM CHALLENGE

BODYWEIGHT BASICS

- DAY 1 Push-Up
- DAY 2 Triceps Dip
- DAY 3 Triceps Push-Up
- DAY 4 Plank Tap
- DAY 5 Crouching Tiger Push-Up
- DAY 6 Fine-Tuning Endurance Pulse + Dolphin Push-Up
- DAY 7 Endurance Push-Up Challenge + Child's Pose

DUMBBELLS

- DAY 8 Skull Crusher
- DAY 9 Close-Grip Press
- DAY 10 Overhead Pull
- DAY 11 Plank Up/Down
- DAY 12 Biceps Curl
- DAY 13 Fine-Tuning Endurance Pulse + Plank Up/Down
- DAY 14 Endurance Push-Up Challenge + Plank

ENDURANCE + STRENGTH

- DAY 15 Overhead Triceps Ext + Bodyweight Triceps Ext
- DAY 16 Biceps Curl + Push-Up
- DAY 17 Triceps Kickback + Triceps Push-Up
- DAY 18 Plank Up/Down + Plank Jack
- DAY 19 Hammer Curl + Crouching Tiger Push-Up
- DAY 20 Fine-Tuning Endurance Pulse + Hand Release Push-Up
- DAY 21 Endurance Push-Up Challenge + Plank

FLAWS + FINE TUNING

- DAY 22 Triceps Push-Up + Bodyweight Triceps Extension
- DAY 23 Triceps Dip + Panther
- DAY 24 Bodyweight Plank Tricep Ext + Triceps Push-Up
- DAY 25 Plank Up/Down + Plank Jack + Mountain Climber
- DAY 26 Crouching Tiger Push-Up + Dive Bomber Push-Up
- DAY 27 Fine-Tuning Endurance Pulse + Hand Release Push-Up
- DAY 28 Endurance Push-Up Challenge + Plank
- DAY 29 Skullcrusher + Tricep Push-Up + Bodyweight Tricep Ext
- DAY 30 Triceps Kickback + Panther

SHAPE

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ArmChallenge