

30 DAY ARM TONING WORKOUT

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Week
1

1 MIN ARM CIRCLES 15 PUSH UPS 15 TRICEP EXT 1 MIN JOG IN PLACE *REPEAT 3 TIMES	15 BICEP CURLS 15 JUMPING JACKS 10 PUSH UPS 1 MIN JUMP ROPE *REPEAT 3 TIMES	15 TRICEP DIPS 15 BUTT KICKS 1 MIN ARM CIRCLES 10 BICEP CURLS *REPEAT 3 TIMES	25 MINUTE WALK/CARDIO	10 PUSH UPS 15 JUMP SQUATS 10 TRICEP EXT 1 MIN JOG IN PLACE *REPEAT 3 TIMES	15 JUMPING JACKS 10 TRICEP DIPS 15 BUTT KICKS 15 BICEP CURLS *REPEAT 3 TIMES	REST
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Week
2

15 BICEP CURLS 25 JUMPING JACKS 10 PUSHUPS 2 MIN JUMP ROPE *REPEAT 3 TIMES	1 MIN ARM CIRCLES 20 PUSHUPS 15 TRICEP EXT 2 MIN JOG IN PLACE *REPEAT 3 TIMES	20 JUMPING JACKS 15 TRICEP DIPS 15 BUTT KICKS 20 BICEP CURLS *REPEAT 3 TIMES	25 MINUTE WALK/CARDIO	15 TRICEP DIPS 25 BUTT KICKS 2 MIN ARM CIRCLES 10 BICEP CURLS *REPEAT 3 TIMES	15 PUSH UPS 15 JUMP SQUATS 15 TRICEP EXT 1 MIN JOG IN PLACE *REPEAT 3 TIMES	REST
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Week
3

20 JUMPING JACKS 15 TRICEP DIPS 25 BUTT KICKS 20 BICEP CURLS *REPEAT 3 TIMES	15 PUSH UPS 15 JUMP SQUATS 15 TRICEP EXT 2 MIN JOG IN PLACE *REPEAT 3 TIMES	1 MIN ARM CIRCLES 25 PUSHUPS 20 TRICEP EXT 3 MIN JOG IN PLACE *REPEAT 3 TIMES	25 MINUTE WALK/CARDIO	20 BICEP CURLS 25 JUMPING JACKS 15 PUSHUPS 2 MIN JUMP ROPE *REPEAT 3 TIMES	20 TRICEP DIPS 25 BUTT KICKS 2 MIN ARM CIRCLES 15 BICEP CURLS *REPEAT 3 TIMES	REST
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Week
4/5

1 MIN ARM CIRCLES 30 PUSHUPS 25 TRICEP EXT 3 MIN JOG IN PLACE *REPEAT 3 TIMES	25 JUMPING JACKS 20 TRICEP DIPS 25 BUTT KICKS 25 BICEP CURLS *REPEAT 3 TIMES	20 PUSH UPS 25 JUMP SQUATS 15 TRICEP EXT 2 MIN JOG IN PLACE *REPEAT 3 TIMES	25 MINUTE WALK/CARDIO	20 BICEP CURLS 30 JUMPING JACKS 15 PUSHUPS 12MIN JUMP ROPE *REPEAT 3 TIMES	20 TRICEP DIPS 30 BUTT KICKS 2 MIN ARM CIRCLES 15 BICEP CURLS *REPEAT 3 TIMES	REST
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