

# 30 DAY PLAN TO TONED ARMS

MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b> <b>Bench Press:</b> 6 reps x 3 <b>Pushups:</b> 12 reps <b>Triceps:</b> 10 reps x 2	<b>2</b> <b>Rows:</b> 6 reps x 3 <b>Chinups:</b> 6 reps <b>Biceps curls:</b> 10 reps x 2	<b>3</b> <b>REST</b>	<b>4</b> <b>Bench Press:</b> 8 reps x 3 <b>Pushups:</b> 14 reps <b>Triceps:</b> 12 reps x 2	<b>5</b> <b>Rows:</b> 8 reps x 3 <b>Chinups:</b> 8 reps <b>Biceps curls:</b> 12 reps x 2	<b>6</b> <b>REST</b>	<b>7</b> <b>Bench Press:</b> 10 reps x 3 <b>Pushups:</b> 16 reps <b>Triceps:</b> 10 reps x 3 (add weight)
<b>8</b> <b>Rows:</b> 10 reps x 3 <b>Chinups:</b> 10 reps <b>Biceps curls:</b> 10 reps x 3 (add weight)	<b>9</b> <b>REST</b>	<b>10</b> <b>Bench Press:</b> 12 reps x 3 <b>Pushups:</b> 18 reps <b>Triceps:</b> 12 reps x 3	<b>11</b> <b>Rows:</b> 12 reps x 3 <b>Chinups:</b> 12 reps <b>Biceps curls:</b> 12 reps x 3	<b>12</b> <b>REST</b>	<b>13</b> <b>Bench Press:</b> 15 reps x 3 <b>Pushups:</b> 20 reps <b>Triceps:</b> 10 reps x 4 (add weight)	<b>14</b> <b>Rows:</b> 15 reps x 3 <b>Chinups:</b> 14 reps <b>Biceps curls:</b> 10 reps x 4 (add weight)
<b>15</b> <b>REST</b>	<b>16</b> <b>Bench Press:</b> 6 reps x 4 (add weight) <b>Pushups:</b> 22 reps <b>Triceps:</b> 12 reps x 4	<b>17</b> <b>Rows:</b> 6 reps x 4 (add weight) <b>Chinups:</b> 16 reps <b>Biceps curls:</b> 12 reps x 4	<b>18</b> <b>REST</b>	<b>19</b> <b>Bench Press:</b> 8 reps x 4 <b>Pushups:</b> 22 reps <b>Triceps:</b> 10 reps x 5 (add weight)	<b>20</b> <b>Rows:</b> 8 reps x 4 <b>Chinups:</b> 18 reps <b>Biceps curls:</b> 10 reps x 5 (add weight)	<b>21</b> <b>REST</b>
<b>22</b> <b>Bench Press:</b> 10 reps x 4 <b>Pushups:</b> 26 reps <b>Triceps:</b> 12 reps x 5	<b>23</b> <b>Rows:</b> 10 reps x 4 <b>Chinups:</b> 20 reps <b>Biceps curls:</b> 12 reps x 5	<b>24</b> <b>REST</b>	<b>25</b> <b>Bench Press:</b> 12 reps x 4 <b>Pushups:</b> 28 reps <b>Triceps:</b> 10 reps x 6 (add weight)	<b>26</b> <b>Rows:</b> 12 reps x 4 <b>Chinups:</b> 22 reps <b>Biceps curls:</b> 10 reps x 6 (add weight)	<b>27</b> <b>REST</b>	<b>28</b> <b>Bench Press:</b> 15 reps x 4 <b>Pushups:</b> 30 reps <b>Triceps:</b> 12 reps x 6
<b>29</b> <b>Rows:</b> 15 reps x 4 <b>Chinups:</b> 24 reps <b>Biceps curls:</b> 12 reps x 6	<b>30</b> <b>REST</b>					