

arms
of steel

arms *of* steel

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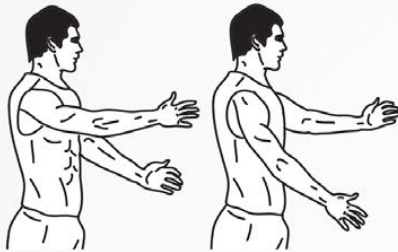
Day 1

Level I 3 sets

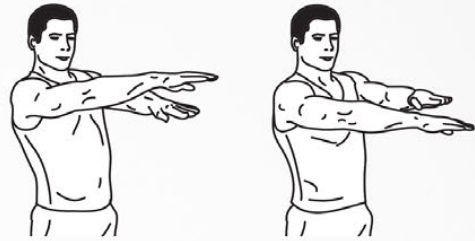
Level II 4 sets

Level III 5 sets

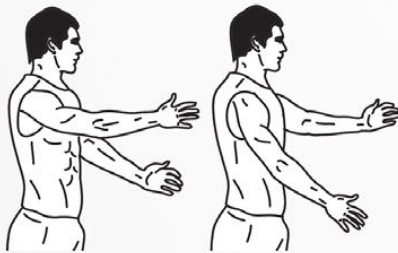
60 seconds rest
between sets



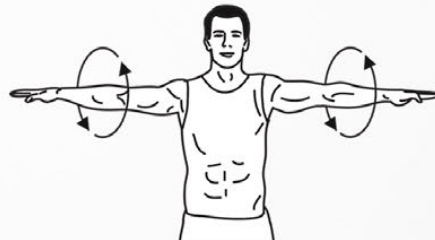
10 scissor chops



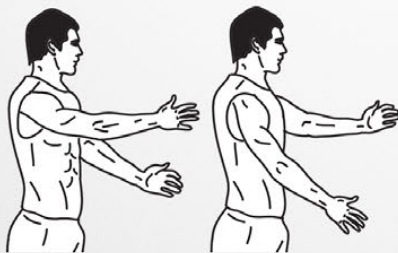
10 arm scissors



10 scissor chops



10 arm circles



10 scissor chops



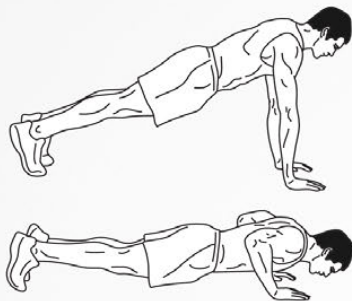
10 chest expansions

arms *of* steel

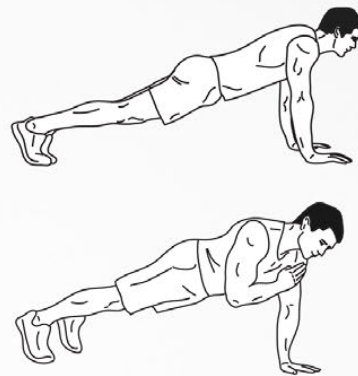
Day 2

30 seconds
rest between
between exercises

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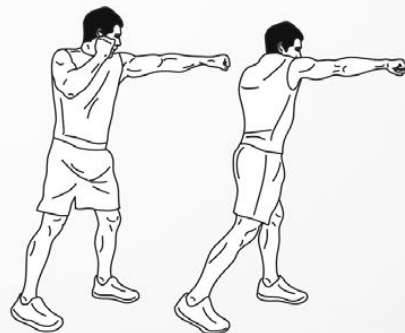
to fatigue push-ups
3 sets in total
30 seconds rest
between sets



20 shoulder taps
3 sets in total
30 seconds rest
between sets



20 plank rotations
3 sets in total
30 seconds rest
between sets



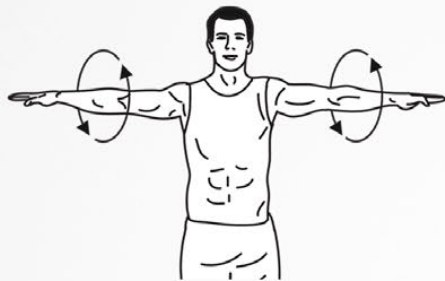
40 punches
3 sets in total
30 seconds rest
between sets

arms *of* steel

Day 3

30 seconds
rest between
exercises

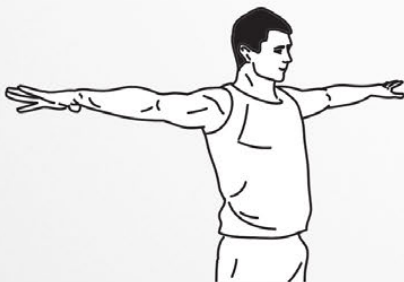
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30 seconds arm circles
3 sets in total
30 seconds rest
between sets



30 seconds hold
3 sets in total
30 seconds rest
between sets



30 seconds hold
3 sets in total
30 seconds rest
between sets



30 seconds chest squeeze
3 sets in total
30 seconds rest
between sets

arms *of* steel

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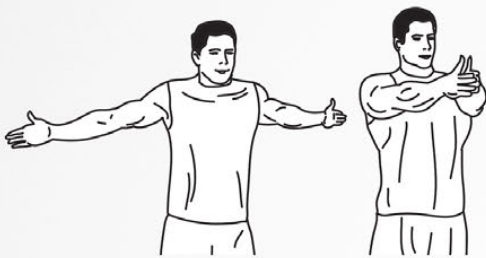
Day 4

Level I 3 sets

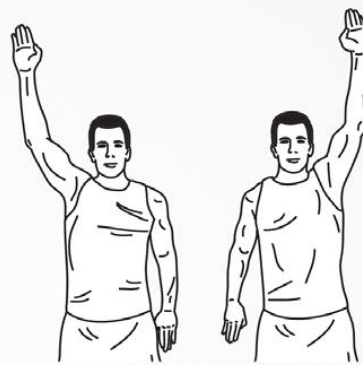
Level II 4 sets

Level III 5 sets

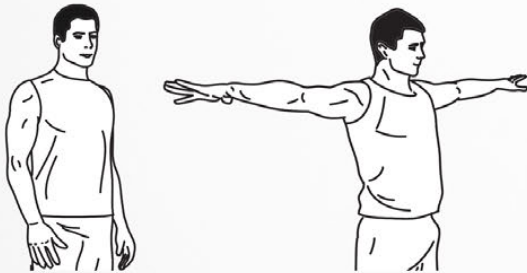
60 seconds rest
between sets



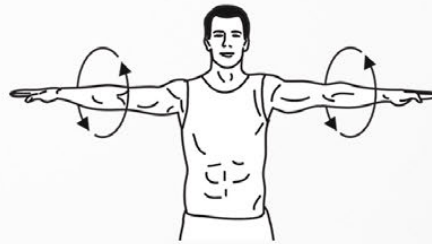
10 chest expansions



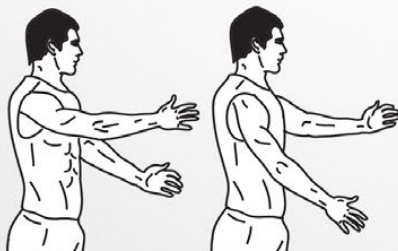
10 alt chest expansions



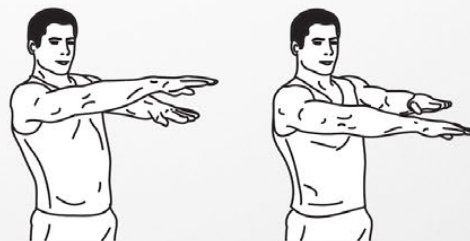
10 arm raises



10 arm circles



10 scissor chops



10 arm scissors

arms *of* steel

Day 5

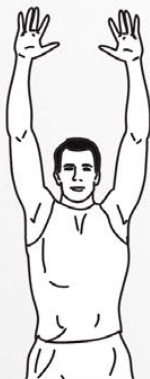
30 seconds
rest between
exercises

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20 bicep extensions
3 sets in total
30 seconds rest
between sets

20 side shoulder taps
3 sets in total
30 seconds rest
between sets



20 W-extensions
3 sets in total
30 seconds rest
between sets

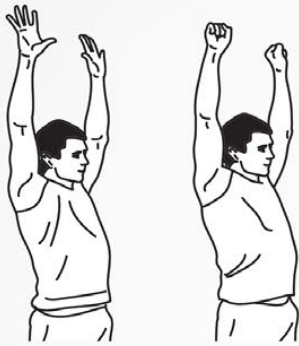
20 elbow clicks
3 sets in total
30 seconds rest
between sets

arms *of* steel

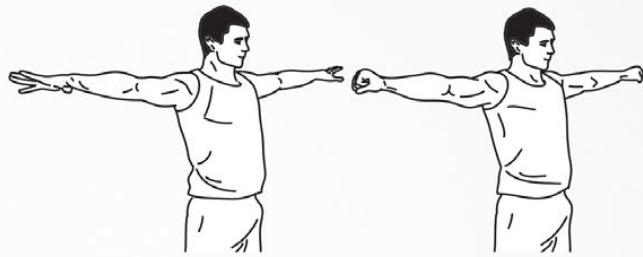
Day 6

30 seconds
rest between
exercises

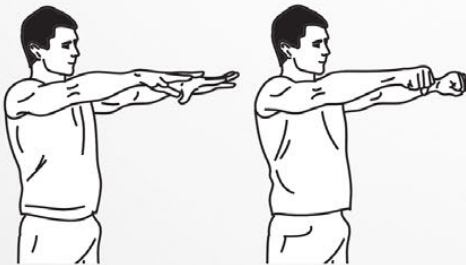
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60 seconds
clench / unclench
arms overhead



60 seconds
clench / unclench
arms to sides



60 seconds
clench / unclench
arms to front



60 seconds
arms hold

arms *of* steel

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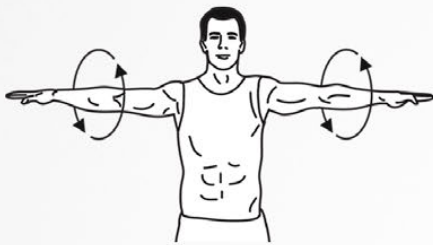
Day 7

Level I 3 sets

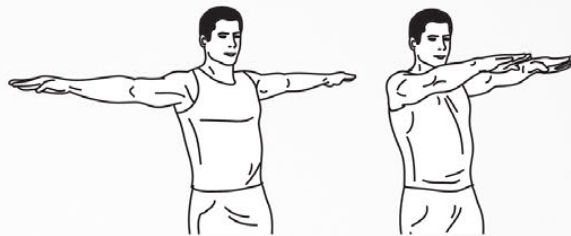
Level II 4 sets

Level III 5 sets

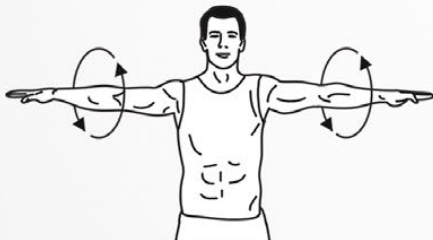
60 seconds rest
between sets



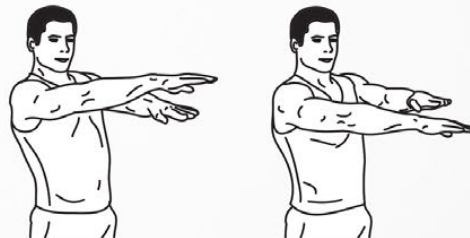
10 arm circles



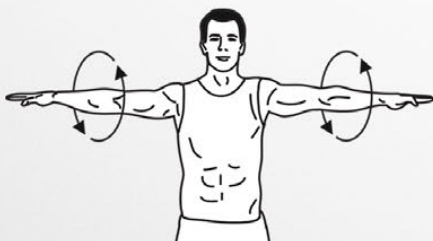
10 arm extensions



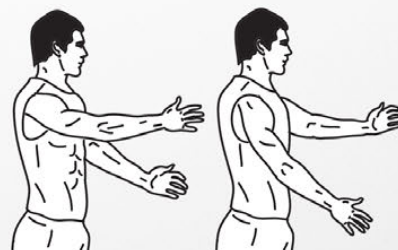
10 arm circles



10 arm scissors



10 arm circles



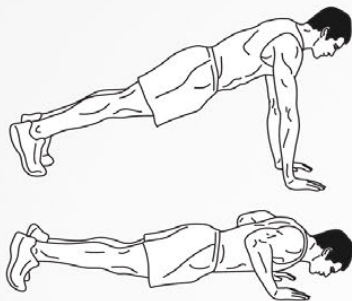
10 scissor chops

arms *of* steel

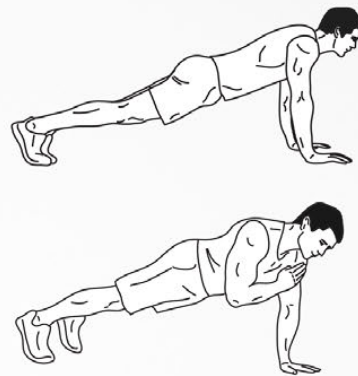
Day 8

30 seconds
rest between
between exercises

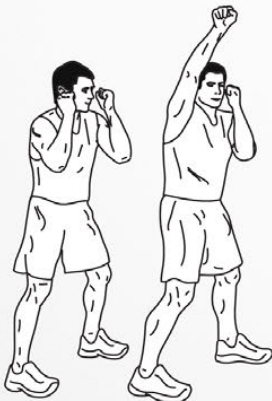
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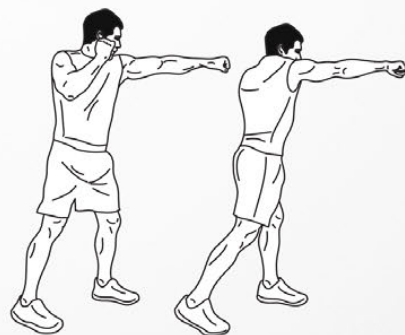
to fatigue push-ups
3 sets in total
30 seconds rest
between sets



20 shoulder taps
3 sets in total
30 seconds rest
between sets



40 overhead punches
3 sets in total
30 seconds rest
between sets



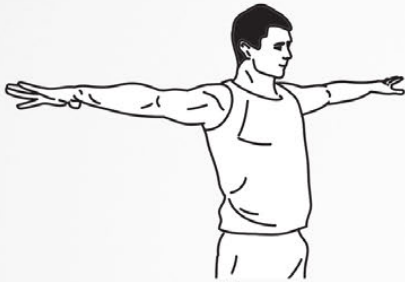
40 punches
3 sets in total
30 seconds rest
between sets

arms *of* steel

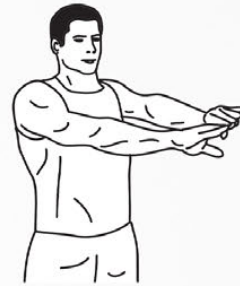
Day 9

30 seconds
rest between
exercises

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60 seconds hold
arms to sides



60 seconds hold
arms to front



60 seconds hold
arms overhead



60 seconds
arm circles

arms *of* steel

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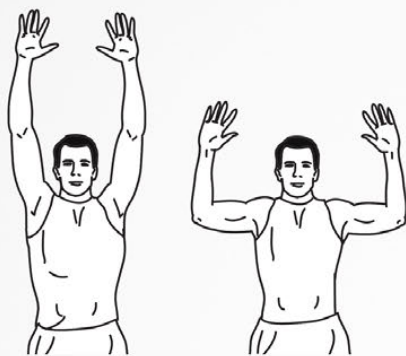
Day 10

Level I 3 sets

Level II 4 sets

Level III 5 sets

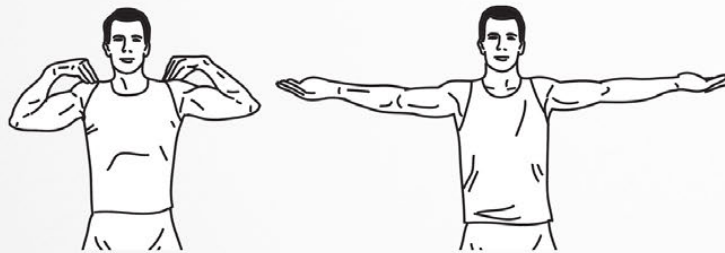
60 seconds rest
between sets



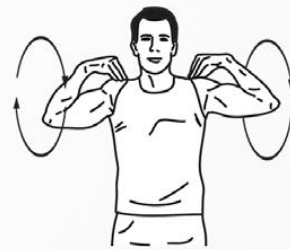
12 W-extensions



12 elbows together circles



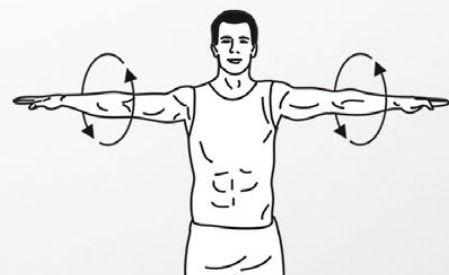
12 side shoulder taps



12 elbows circles



12 arm raises



12 arm circles

arms *of* steel

Day 11

30 seconds
rest between
exercises

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22 bicep extensions
3 sets in total
30 seconds rest
between sets

22 shoulder taps
3 sets in total
30 seconds rest
between sets



22 side shoulder taps
3 sets in total
30 seconds rest
between sets

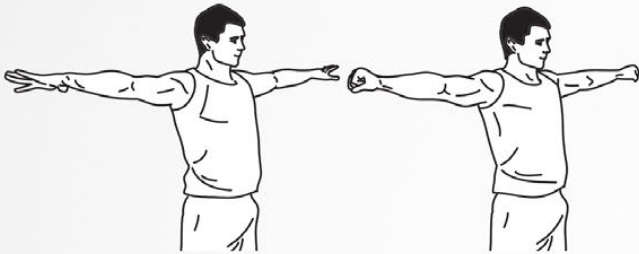
22 elbow clicks
3 sets in total
30 seconds rest
between sets

arms *of* steel

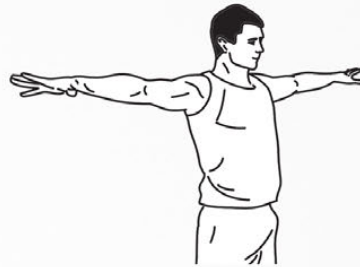
Day 12

30 seconds
rest between
exercises

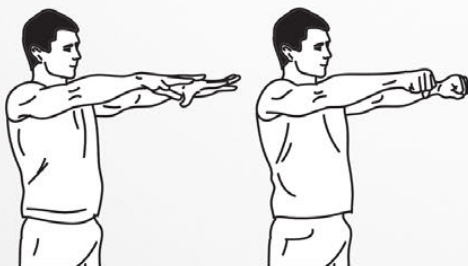
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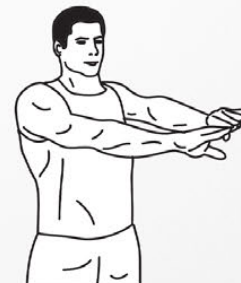
60 seconds
clench / unclench
arms to sides



60 seconds
arms hold



60 seconds
clench / unclench
arms to front



60 seconds
arms hold

arms *of* steel

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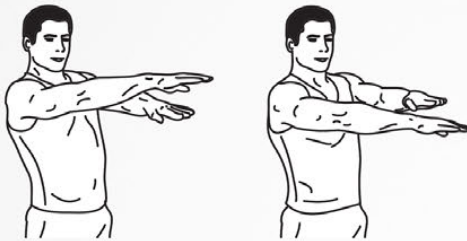
Day 13

Level I 3 sets

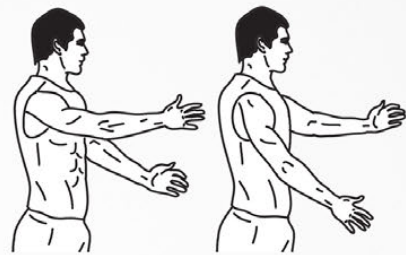
Level II 4 sets

Level III 5 sets

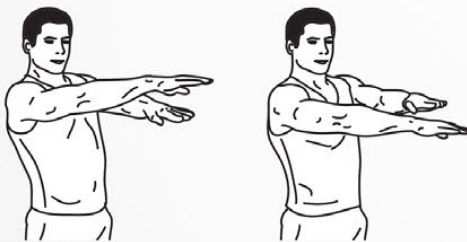
60 seconds rest
between sets



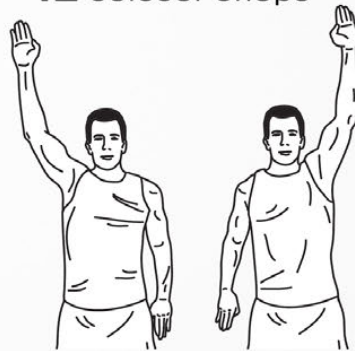
12 arm scissors



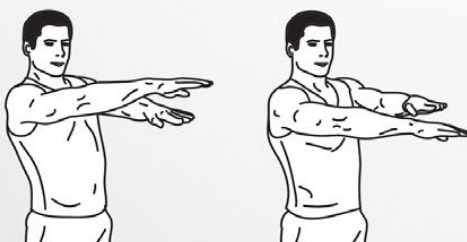
12 scissor chops



12 arm scissors



12 alt chest expansions



12 arm scissors



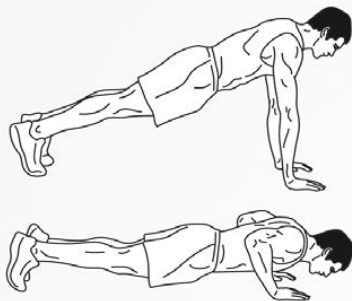
12 arm circles

arms *of* steel

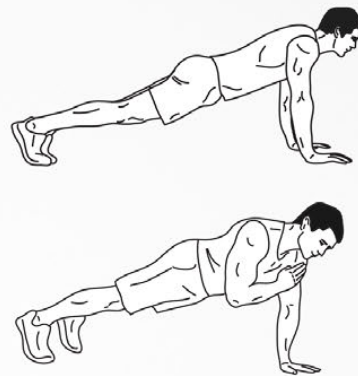
Day 14

30 seconds
rest between
between exercises

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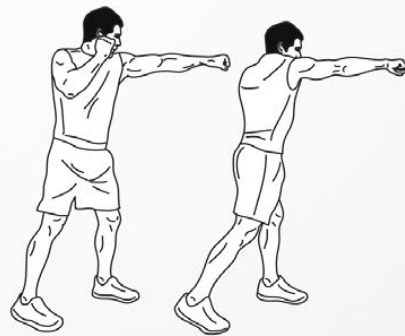
to fatigue push-ups
4 sets in total
30 seconds rest
between sets



20 shoulder taps
4 sets in total
30 seconds rest
between sets



20 plank rotations
4 sets in total
30 seconds rest
between sets



40 punches
4 sets in total
30 seconds rest
between sets

arms *of* steel

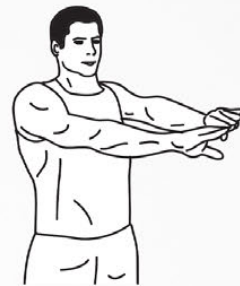
Day 15

30 seconds
rest between
exercises

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30 seconds hold
3 sets in total
30 seconds rest
between sets



30 seconds hold
3 sets in total
30 seconds rest
between sets



30 seconds hold
3 sets in total
30 seconds rest
between sets



30 seconds chest squeeze
3 sets in total
30 seconds rest
between sets

arms *of* steel

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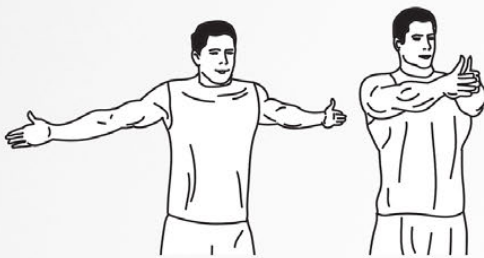
Day 16

Level I 3 sets

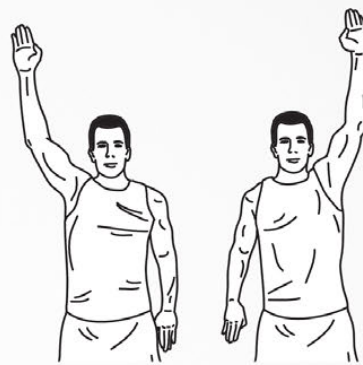
Level II 4 sets

Level III 5 sets

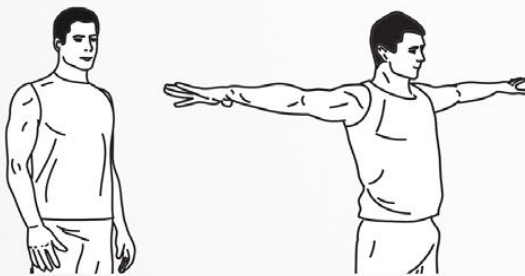
60 seconds rest
between sets



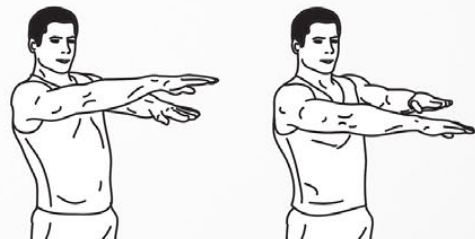
12 chest expansions



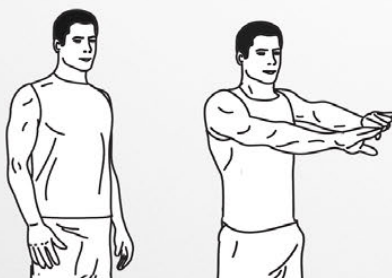
12 alt chest expansions



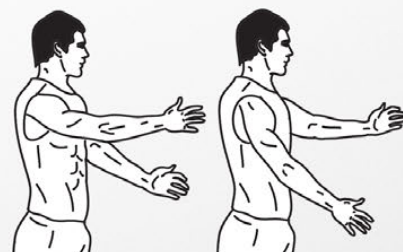
12 arm raises



12 arm scissors



12 arm raises to the front



12 scissor chops

arms *of* steel

Day 17

30 seconds
rest between
exercises

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22 bicep extensions
3 sets in total
30 seconds rest
between sets

22 shoulder taps
3 sets in total
30 seconds rest
between sets



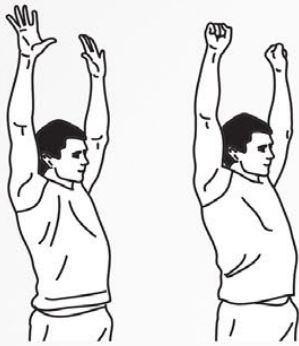
22 side shoulder taps
3 sets in total
30 seconds rest
between sets

arms *of* steel

Day 18

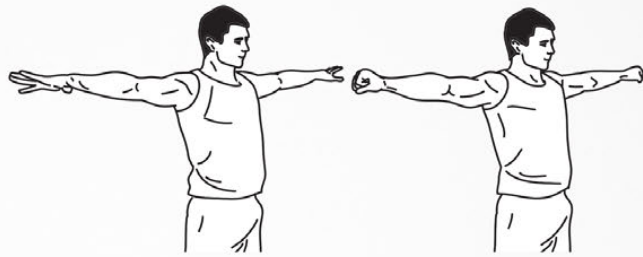
30 seconds
rest between
exercises

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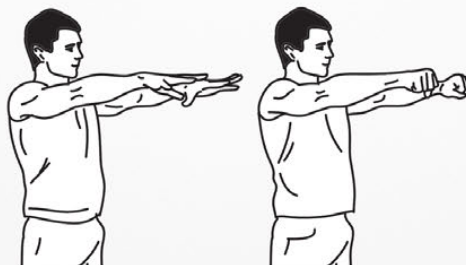
2 minutes

clench / unclench
arms overhead



2 minutes

clench / unclench
arms to sides



2 minutes

clench / unclench
arms to front

arms *of* steel

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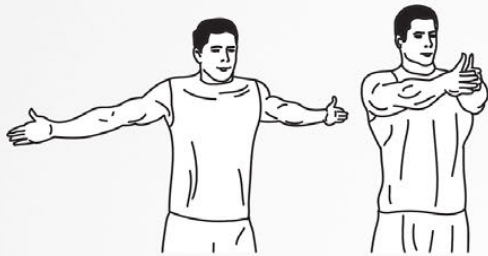
Day 19

Level I 3 sets

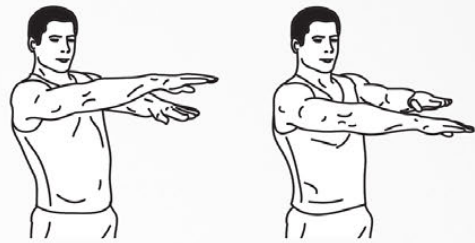
Level II 4 sets

Level III 5 sets

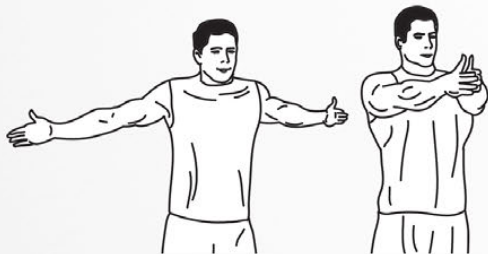
60 seconds rest
between sets



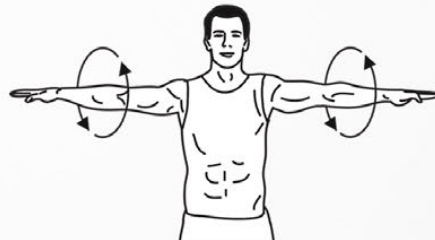
12 chest expansions



12 arm scissors



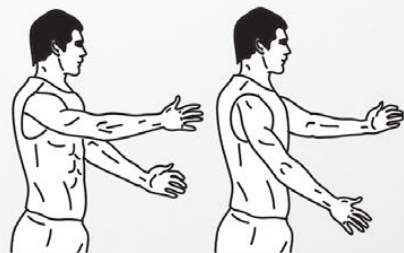
12 chest expansions



12 arm circles



12 chest expansions



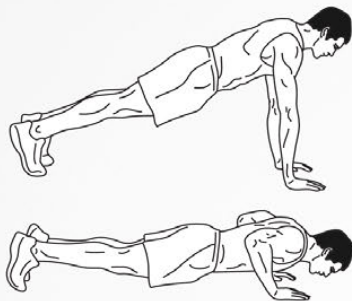
12 scissor chops

arms *of* steel

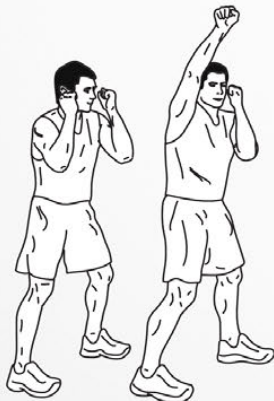
Day 20

30 seconds
rest between
between exercises

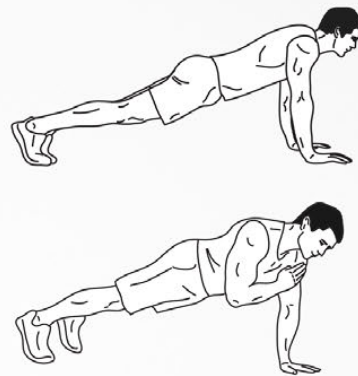
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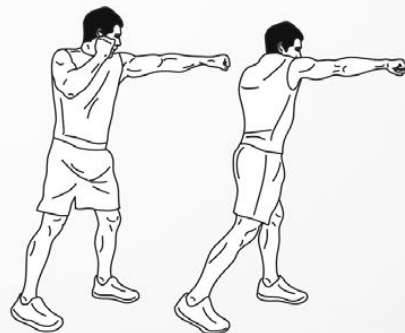
to fatigue push-ups
4 sets in total
30 seconds rest
between sets



40 overhead punches
4 sets in total
30 seconds rest
between sets



20 shoulder taps
4 sets in total
30 seconds rest
between sets



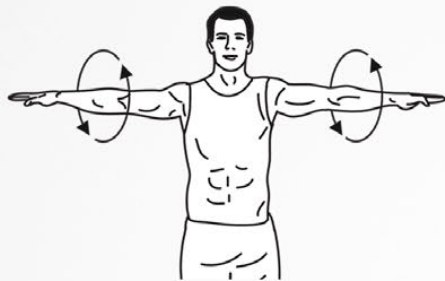
40 punches
4 sets in total
30 seconds rest
between sets

arms *of* steel

Day 21

30 seconds
rest between
exercises

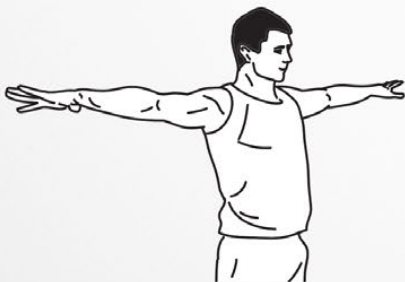
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60 seconds arm circles
3 sets in total
30 seconds rest
between sets



60 seconds hold
3 sets in total
30 seconds rest
between sets



60 seconds hold
3 sets in total
30 seconds rest
between sets



60 seconds chest squeeze
3 sets in total
30 seconds rest
between sets

arms *of* steel

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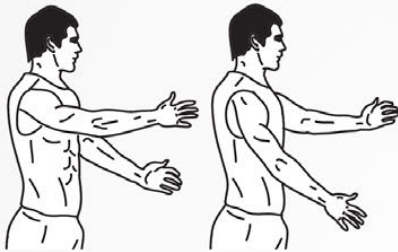
Day 22

Level I 3 sets

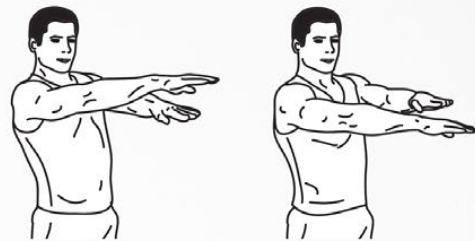
Level II 4 sets

Level III 5 sets

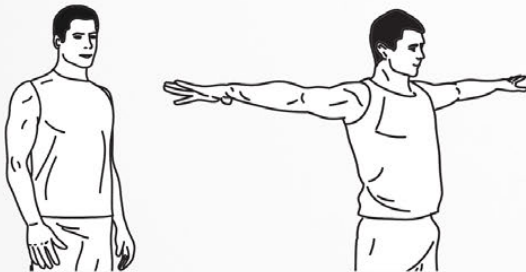
60 seconds rest
between sets



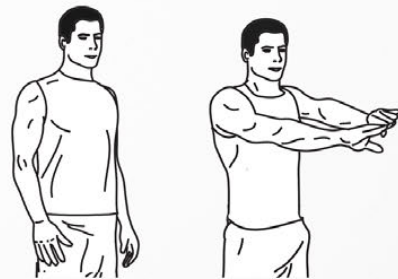
14 scissor chops



14 arm scissors



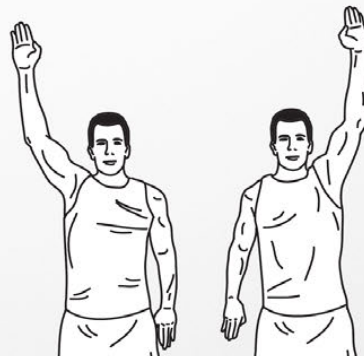
14 arm raises



14 arm raises to the front



14 chest expansions



14 alt chest expansions

arms *of* steel

Day 23

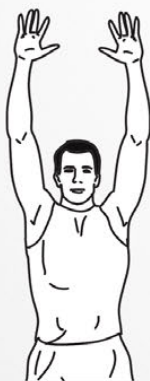
30 seconds
rest between
exercises

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20 bicep extensions
3 sets in total
30 seconds rest
between sets

20 side shoulder taps
3 sets in total
30 seconds rest
between sets



20 W-extensions
3 sets in total
30 seconds rest
between sets

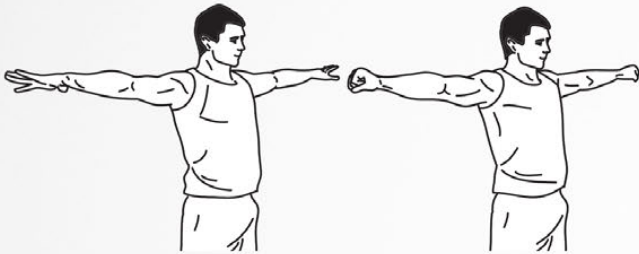
20 elbow clicks
3 sets in total
30 seconds rest
between sets

arms *of* steel

Day 24

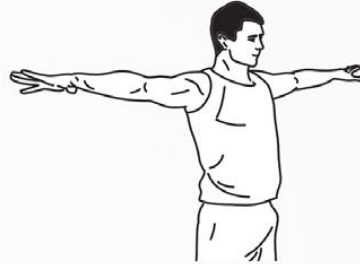
30 seconds
rest between
exercises

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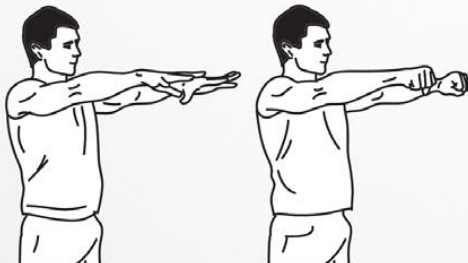
2 minutes

clench / unclench
arms to sides



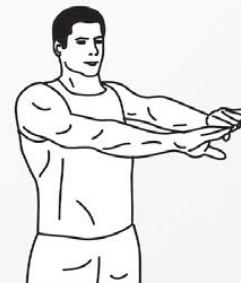
2 minutes

arms hold



2 minutes

clench / unclench
arms to front



2 minutes

arms hold

arms *of* steel

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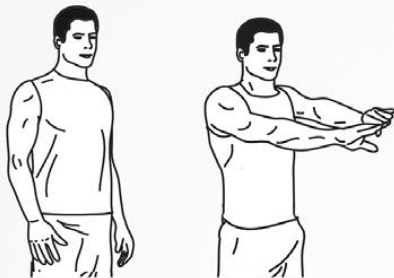
Day 25

Level I 3 sets

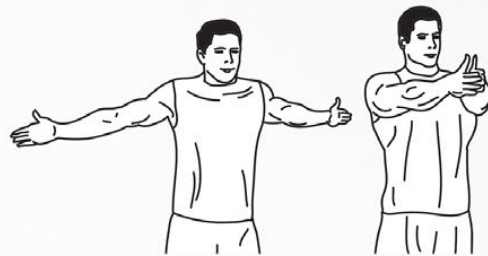
Level II 4 sets

Level III 5 sets

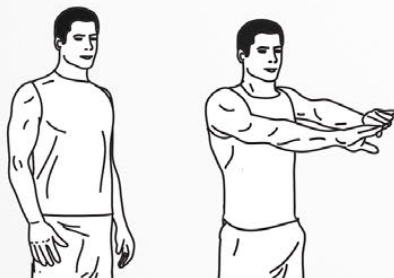
60 seconds rest
between sets



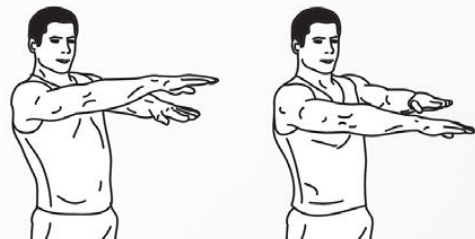
14 arm raises to the front



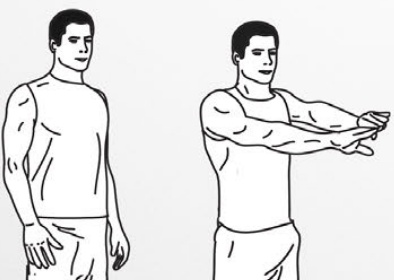
14 chest expansions



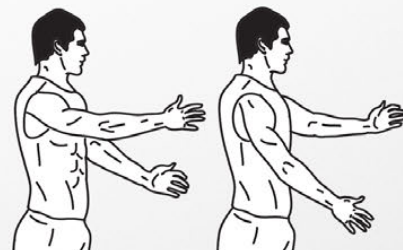
14 arm raises to the front



14 arm scissors



14 arm raises to the front



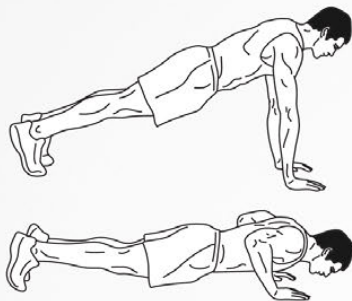
14 scissor chops

arms *of* steel

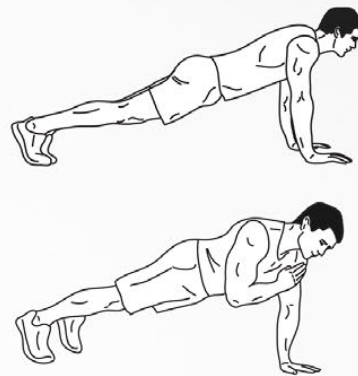
Day 26

30 seconds
rest between
between exercises

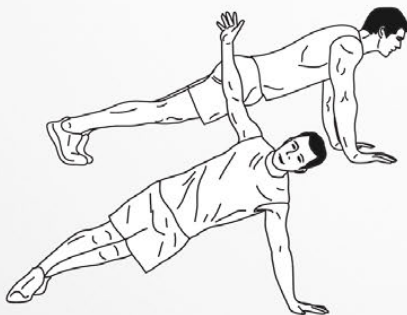
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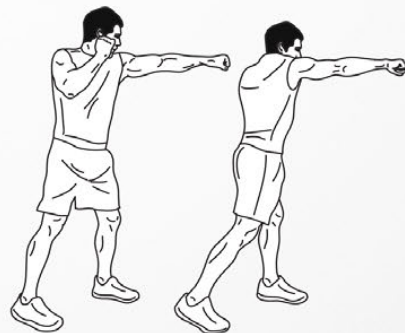
to fatigue push-ups
5 sets in total
30 seconds rest
between sets



20 shoulder taps
5 sets in total
30 seconds rest
between sets



20 plank rotations
5 sets in total
30 seconds rest
between sets



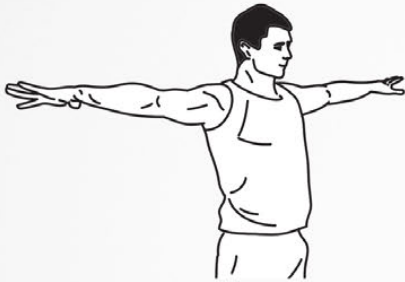
40 punches
5 sets in total
30 seconds rest
between sets

arms *of* steel

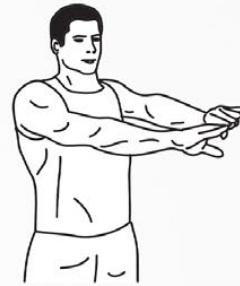
Day 27

30 seconds
rest between
exercises

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2 minutes hold
arms to sides



2 minutes hold
arms to front



2 minutes hold
arms overhead



2 minutes
arm circles

arms *of* steel

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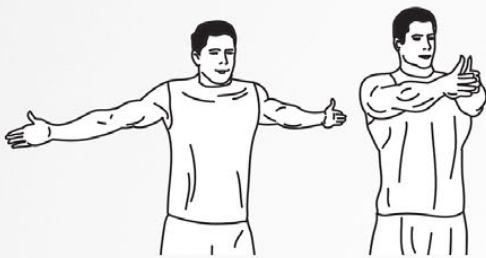
Day 28

Level I 3 sets

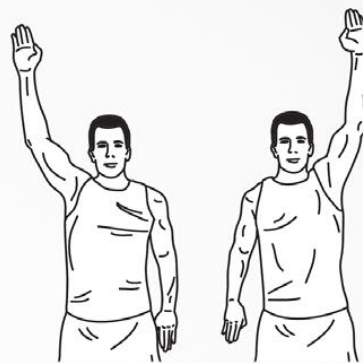
Level II 4 sets

Level III 5 sets

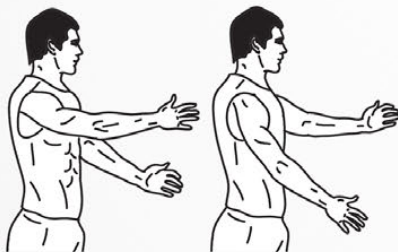
60 seconds rest
between sets



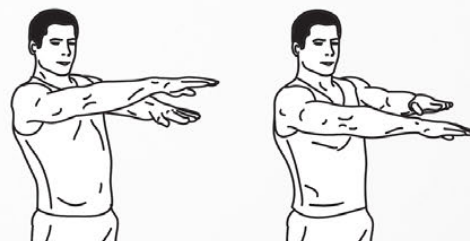
10 chest expansions



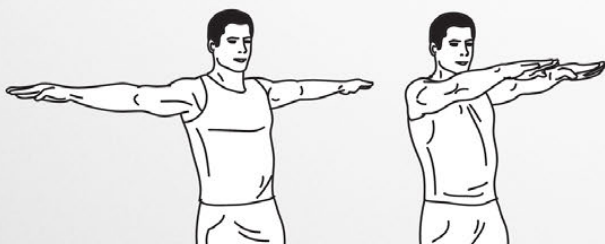
10 alt chest expansions



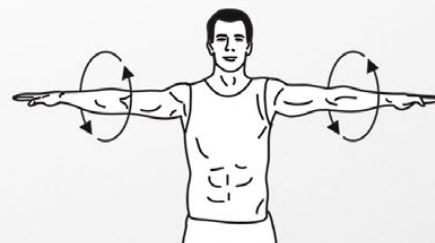
10 scissor chops



10 arm scissors



10 arm extensions



10 arm circles

arms *of* steel

Day 29

30 seconds
rest between
exercises

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24 bicep extensions
3 sets in total
30 seconds rest
between sets

24 shoulder taps
3 sets in total
30 seconds rest
between sets



24 side shoulder taps
3 sets in total
30 seconds rest
between sets

24 elbow clicks
3 sets in total
30 seconds rest
between sets

arms *of* steel

Day 30

30 seconds
rest between
exercises

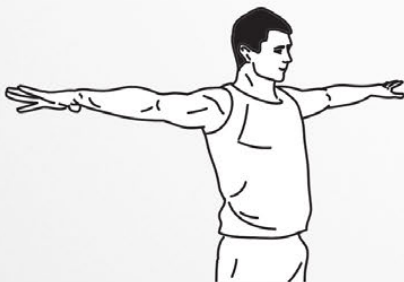
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2 minutes hold
2 sets in total
30 seconds rest
between sets



2 minutes hold
2 sets in total
30 seconds rest
between sets



2 minutes hold
2 sets in total
30 seconds rest
between sets



2 minutes chest squeeze
2 sets in total
30 seconds rest
between sets

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