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This 30-Day Arm Challenge Will Help You Build Your Strongest Arms Ever

By the end of this 30-day arm challenge, you'll have a killer pair of biceps and a newfound appreciation for push-ups.

By **Lauren Mazzo** | Updated on January 1, 2023



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Over the last few years, [booty-building exercises](#) have been the focal point of many folks' fitness routines and upper-body moves have been pushed to the backburner. But, as Lizzo would say, it's about d*mn time your arms get the attention they deserve. To help you get the job done, *Shape* teamed up with [Kira Stokes](#), celebrity trainer and creator of [The Stoked Method](#), to craft a 30-day arm challenge to get your guns blazing. (ICYMI, she also served up a [plank challenge](#) that will put your core strength to the test.)

This 30-day arm challenge is broken down into four weeks: Week 1 is all about bodyweight basics, Week 2 adds dumbbells, and Week 3 mixes bodyweight and dumbbell moves to build can't-stop-won't-stop endurance. Week 4 combines bodyweight flows with some weighted moves to tone your arms to perfection.

Ready to get started? Read the instructions below, then scroll down to Day 1 to follow along with Stokes as she demonstrates the exercise of the day. Keep coming back to the 30-day arm challenge each day to build strong, powerful arms.

How it works: The first day of each week, you'll only do one exercise. But on the second day, you'll do exercises from both Day 1 and Day 2. On Day 3, you'll do the exercises from Day 1, Day 2, and Day 3, and so on. On Day 6 of each week, you'll ditch the exercises from earlier in the week and focus on fine-tuning work. Then on Day 7 of each week, you'll do an endurance push-up challenge so you can gauge your progress..

What you'll need: a pair of light dumbbells and a pair of medium dumbbells

Week 1: Bodyweight Basics

In this week of the 30-day arm challenge, you'll work through bodyweight exercises, including push-ups, triceps dips, triceps push-ups, plank taps, crouching tiger push-ups, and some fine-tuning work. Then, you'll top it off with an endurance push-up challenge. Let's get started.

Day 1: Wide-Grip Push-Up



PHOTO: PETER ARDITO

- A.** Start in a high plank position with hands slightly wider than shoulder-width apart and legs extended, feet hip-width apart.
- B.** Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads. Push elbows out so arms form a 90-degree angle to body.
- C.** Look down to keep neck neutral and slowly lower body, stopping 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to toe.

DO 3 sets of 15 reps.

Day 2: Triceps Dip



PHOTO: PETER ARDITO

A. Sit on the floor, hands behind body with thumbs pointing forward and fingertips on a slight diagonal. Lift hips up, shift weight into hands, open chest, and roll shoulders back.

C. Push into hands to straighten elbows.

Do 3 sets of 15 reps.

Day 3: Triceps Push-Up



PHOTO: PETER ARDITO

B. Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads.

C. Keeping arms close to sides, slowly lower body and stop 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to knees.

D. Quickly push back up to the starting position.

Do 3 sets of 10 reps.

Day 4: Plank Tap



PHOTO: PETER ARDITO

- A.** Start in a table-top position on the floor with hands stacked directly under shoulders, knees bent and stacked directly under hips, and feet hip-width apart.
- B.** Lift both knees off the floor and straighten legs to come into a high plank position on palms, squeezing glutes together and engaging core. Actively push away from the floor and maintain a straight line from head to heels.
- C.** Keeping left hand planted on the floor and core engaged, bring right hand up and quickly tap left shoulder, then lower it back to

Continue alternating for 30 seconds.

Day 5: Crouching Tiger Push-Up

 Day 5: Crouching Tiger Push-Up

PHOTO: PETER ARDITO

A. Start in a high plank position with hands slightly wider than shoulder-width apart and legs extended, feet hip-width apart.

Engage glutes and quads. Push elbows out so arms form a 90-degree angle to body.

C. Look down to keep neck neutral and slowly lower body, stopping 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to toe.

D. While holding a push-up position, bend knees and shift hips back so knees are hovering 2 inches off floor and arms are extended.

E. Straighten knees and lift hips up into downward dog position. Then tucking tailbone and rounding spine, roll back into plank position. That's one rep.

Do 3 sets of 10 reps.

Day 6: Fine-Tuning and Dolphin Push-Up

Exercise 1: Straight-Arm Fine-Tuning Work

 Day 6: Fine-Tuning with Dolphin Push-Up

PHOTO: PETER ARDITO

A. Using 2.5-lb dumbbells, water bottles, or soup cans, lie on stomach, arms extended backward with weights in hand, palms facing down.

B. Squeezing glutes, lifting chest, and extending neck neutrally forward, tap the floor with the weights, then lift.

Do 15 reps.

C. Keeping arms lifted, squeeze arms in toward your body, tapping pinkies to hips, pressing in and out.

Do 15 reps.

Exercise 2: Dolphin Push-Up

 Day 21: Endurance Push-Up Challenge

PHOTO: PETER ARDITO

A. Start in a table-top position on the floor with hands stacked directly under shoulders, knees bent and stacked directly under hips, and feet hip-width apart. Lower one forearm down to the floor at a time, elbows in line with shoulders. Interlace fingers.

B. Lift both knees off the floor and straighten legs to come into a forearm plank position, squeezing glutes together and engaging core. Actively push away from the floor and maintain a straight line from head to heels. This is the starting position.

C. Drive through shoulders and lift hips toward the ceiling, then pull hips back down into plank position.

Continue for 25 seconds.

Repeat the circuit 3 times.

Day 7: Endurance Push-Up Challenge

PHOTO: PETER ARDITO

- A.** Start in a high plank position with hands directly underneath shoulders and legs extended, feet hip-width apart.
- B.** Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads. Push elbows out so arms form a 45-degree angle to body.
- C.** Look down to keep neck neutral and slowly lower body, stopping 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to toe.

DO 6 reps, then rest in child's pose for 5 seconds. DO 7 reps, then rest in child's pose. Continue decreasing reps until you do just 1 push-up and finish in child's pose.

Week 2: Add Dumbbells

If you're new to dumbbell moves, Week 2 of this 30-day arm challenge is for you. You'll work through skull crushers, close-grip presses, overhead pulls, and biceps curls, plus some classics like plank up/downs. Don't forget the fine-tuning work on Day 13 and the push-up challenge on Day 14.

Day 8: Skull Crusher


 Day 29 Part 1: Skull Crushers

PHOTO: PETER ARDITO

A. Lie on the floor faceup, feet flat and holding a moderately heavy dumbbell (5 to 10 lbs) in each hand. Extend arms above head, elbows in line with shoulders.

B. Rotate elbows in, then flex the weight toward head so elbows are bent at a 90-degree angle.

C. Press the weight back up and straighten arms completely, squeezing triceps.

Do 3 sets of 15 reps.

Day 9: Close-Grip Press

 Day 9: Close-Grip Press

PHOTO: PETER ARDITO

A. Lie on the floor faceup, feet flat and holding a moderately heavy dumbbell (5 to 10 lbs) in each hand. Extend arms above head, elbows in line with shoulders, palms facing in.

B. Bend elbows to lower the dumbbells down to chest-level, keeping elbows in tight, until triceps are parallel to the floor.

C. Press the weight back up and straighten arms completely,

Do 3 sets of 15 reps.

Day 10: Overhead Pull

 Day 10: Overhead Pull

PHOTO: PETER ARDITO

A. Lie on the floor faceup, feet flat and holding a moderately heavy dumbbell (5 to 10 lbs) in each hand. Extend arms above head and press dumbbells together over chest.

B. Keeping tailbone tucked, core engaged, and arms straight, slowly extend the dumbbells overhead until they tap the floor.

C. Inhale while pulling the dumbbells back up above chest.

Do 3 sets of 15 reps.

Day 11: Plank Up/Down

 Day 11: Plank Up/Down

PHOTO: PETER ARDITO

- A.** Start in a table-top position on the floor with hands stacked directly under shoulders, knees bent and stacked directly under hips, and feet hip-width apart.
- B.** Lift both knees off the floor and straighten legs to come into a high plank position on palms, squeezing glutes together and engaging core. Actively push away from the floor and maintain a straight line from head to heels to come into the starting position.
- C.** Keeping hips square, lower right elbow to the floor, then left elbow, to come into a forearm plank. Place right hand under right shoulder, then left hand under left shoulder to return to a high plank.

Continue for 30 seconds, alternating which arm goes first.

Day 12: Biceps Curl



Day 12: Biceps Curl

PHOTO: PETER ARDITO

A. Stand with feet hip-width apart, knees softly bent. Hold a dumbbell in each hand with arms at sides, palms facing forward.

B. Keeping core engaged, elbows tucked to sides, and shoulders down and back, engage biceps muscles to pull the dumbbells up toward shoulders until elbows are completely flexed. Avoid swaying or using momentum to raise the dumbbells.

C. Pause, then slowly lower the dumbbells back down to sides with control.

Do 3 sets of 25 reps (10 full reps, 5 reps lowering halfway, and 10 more full reps).

Exercise 1: Straight-Arm Fine-Tuning Work

 Day 13: Fine-Tuning

PHOTO: PETER ARDITO

A. Using 2.5-lb dumbbells, water bottles, or soup cans, lie on stomach, arms extended backward with weights in hand, palms facing down.

Do 15 reps.

C. Keeping arms lifted, squeeze arms in toward your body, tapping pinkies to hips, pressing in and out.

Do 15 reps.

Exercise 2: Plank Up/Down

 Day 11: Plank Up/Down

hips, and feet hip-width apart.

B. Lift both knees off the floor and straighten legs to come into a high plank position on palms, squeezing glutes together and engaging core. Actively push away from the floor and maintain a straight line from head to heels to come into the starting position.

C. Keeping hips square, lower right elbow to the floor, then left elbow, to come into a forearm plank. Place right hand under right shoulder, then left hand under left shoulder to return to a high plank.

Continue for 25 seconds, alternating which arm goes first. Repeat two more times.

Day 14: Endurance Push-Up Challenge



Day 14: Endurance Push-Up Challenge

PHOTO: PETER ARDITO

A. Start in a high plank position with hands directly underneath shoulders and legs extended, feet hip-width apart.

B. Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads. Push elbows out so arms form a 45-degree angle to body.

C. Look down to keep neck neutral and slowly lower body, stopping 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to toe.

D. Quickly push back up to the starting position. That's one rep.

Do 8 reps, then lower into a forearm plank and hold for 20 seconds. Do 7 reps, then hold a forearm plank for 20 seconds. Continue decreasing the number of push-ups until you do just 1 rep and finish with an forearm plank.

Week 3: Endurance and Strength

You're halfway through this 30-day arm challenge, and it's time to put all your hard work to the test. Week 3 pairs moves from Weeks 1 and 2 (plus some fun new ones) for a workout that'll *really* have you sweating.

Exercise 1: Overhead Triceps Extension

 Day 15 Part 1: Overhead Triceps Extension

PHOTO: PETER ARDITO

- A.** Stand with feet hip-width, tailbone tucked, and navel drawn in.
- B.** Hold dumbbells overhead pressed together. Rotate elbows in and lower the weights down behind head so they're touching between

c. straighten arms and squeeze triceps to raise dumbbells back overhead.

Do 3 sets of 20 reps (8 full reps, 8 reps pulsing at the lowest point, then 4 more full reps), alternating sets with the bodyweight triceps extension.

Bodyweight Triceps Extension

 Day 15 Part 2: Body-Weight Triceps Extension

PHOTO: PETER ARDITO

fingers wide, pressing palms into mat.

B. Curl toes under and slowly press hips toward ceiling, bringing body into an inverted V, pressing shoulders away from ears. Feet should be hip-width apart, knees slightly bent.

C. Rotating elbows in, tap forearms to the floor, then press through the palms to extend elbows and return to downward dog. Keep hips in downward dog position throughout the entire movement.

Do 3 sets of 12 to 15 reps, alternating sets with the overhead triceps extension.

Day 16: Biceps Curl and Wide-Grip Push-Up

Exercise 1: Biceps Curl

 Day 16 Part 1: Biceps Curl

PHOTO: PETER ARDITO

A. Stand with feet hip-width apart, knees softly bent. Hold a dumbbell in each hand with arms at sides, palms facing forward.

B. Keeping core engaged, elbows tucked to sides, and shoulders down and back, engage biceps muscles to pull the dumbbells up toward shoulders until elbows are completely flexed. Avoid swaying or using momentum to raise the dumbbells.

C. Pause, then slowly lower the dumbbells back down to sides with control.

Do 3 sets of 20 reps (8 full reps, 8 reps only lowering halfway, and 4 more full reps), alternating sets with the wide-grip push-up.

Exercise 2: Wide-Grip Push-Up

 Day 16 Part 2: Wide-Grip Push-Ups

PHOTO: PETER ARDITO

A. Start in a high plank position with hands slightly wider than shoulder-width apart and legs extended, feet hip-width apart.

B. Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads. Push elbows out so arms form a 90-degree angle to body.

C. Look down to keep neck neutral and slowly lower body, stopping 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to toe.

D. Quickly push back up to the starting position.

Do 3 sets of 15 reps, alternating sets with the biceps curl.

Day 17: Triceps Kickback and Triceps Push-Up

Exercise 1: Triceps Kickback

PHOTO: PETER ARDITO

- A.** Stand with feet hip-width apart and arms at sides, holding a dumbbell in each hand. Hinge forward at the hips while keeping core tight, back flat, and sticking butt out.
- B.** Lock elbows by sides, press the weight back and straighten arms to lock completely. Squeeze and hold for 2 seconds.
- C.** Pull elbows back in to a 90-degree angle, careful not to swing weight.

Do 3 sets of 12 to 15 reps, alternating sets with the triceps push-up.


 Day 17 Part 2: Triceps Push-Up

PHOTO: PETER ARDITO

- A.** Start in a high plank position with hands directly underneath shoulders and legs extended, feet hip-width apart.
- B.** Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads.
- C.** Keeping arms close to sides, slowly lower body and stop 3 inches above the floor. Keep core engaged throughout the movement,

D. Quickly push back up to the starting position.

Do 3 sets of 10 reps, alternating sets with the triceps kickback.

Day 18: Plank Up/Down to Plank Jack

 Day 18: Plank Up/Downs and Plank Jacks

PHOTO: PETER ARDITO

A. Start in a table-top position on the floor with hands stacked directly under shoulders, knees bent and stacked directly under

B. Lift both knees off the floor and straighten legs to come into a high plank position on palms, squeezing glutes together and engaging core. Actively push away from the floor and maintain a straight line from head to heels to come into the starting position.

C. Keeping hips square, lower right elbow to the floor, then left elbow, to come into a forearm plank. Place right hand under right shoulder, then left hand under left shoulder to return to a high plank. That's one plank up/down rep.

D. Keeping core engaged, hop feet apart, then hop them back together again. That's one plank jack rep.

Do 1 plank up/down followed by 2 plank jacks for 30 seconds. Repeat 3 times.

Day 19: Hammer Curl and Crouching Tiger Push-Up

Exercise 1: Hammer Curl



Day 19 Part 1: Hammer Curls

PHOTO: PETER ARDITO

- A.** Stand with feet hip-width apart, knees softly bent. Hold a dumbbell in each hand with arms at sides, palms facing in.
- B.** Keeping core engaged, elbows tucked to sides, and shoulders down and back, engage biceps muscles to pull the dumbbells up toward shoulders until elbows are completely flexed. Avoid swaying or using momentum to raise the dumbbells.
- C.** Pause, then slowly lower the dumbbells back down to sides with control.

Do 3 sets of 20 reps (8 full reps, 8 reps going halfway down, and 4 more full reps), alternating sets with the crouching tiger push-up.

Exercise 2: Crouching Tiger Push-Up


 Day 5: Crouching Tiger Push-Up

PHOTO: PETER ARDITO

- A.** Start in a high plank position with hands slightly wider than shoulder-width apart and legs extended, feet hip-width apart.
- B.** Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads. Push elbows out so arms form a 90-degree angle to body.
- C.** Look down to keep neck neutral and slowly lower body, stopping 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to toe.
- D.** While holding a push-up position, bend knees and shift hips back so knees are hovering 2 inches off floor and arms are extended.
- E.** Straighten knees and lift hips up into downward dog position. Then tucking tailbone and rounding spine, roll back into plank position. That's one rep.

Do 3 sets of 10 reps, alternating sets with the hammer curls.

Exercise 1: Straight-Arm Fine-Tuning Work

 Day 6: Fine-Tuning with Dolphin Push-Up

PHOTO: PETER ARDITO


A. Using 2.5-lb dumbbells, water bottles, or soup cans, lie on stomach, arms extended backward with weights in hand, palms facing down.

Do 15 reps.

C. Keeping arms lifted, squeeze arms in toward your body, tapping pinkies to hips, pressing in and out.

Do 15 reps.

Exercise 2: Modified Hand-Release Push-Up

 Day 20: Fine-Tuning with Hand Release Push-Ups

B. Keeping calves raised in the air and knees on floor, push torso off the floor with elbows squeezing sides. Lower back to the floor.

C. Lift hands and extend arms straight in front, hovering off the floor. Bring arms back to sides and place hands next to rib cage.

Continue for 25 seconds.

Repeat the circuit 3 times.

Day 21: Endurance Push-Up Challenge

 Day 21: Endurance Push-Up Challenge

- A.** Start in a high plank position with hands directly underneath shoulders and legs extended, feet hip-width apart.
- B.** Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads. Push elbows out so arms form a 45-degree angle to body.
- C.** Look down to keep neck neutral and slowly lower body, stopping 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to toe.
- D.** Quickly push back up to the starting position.

Do 10 reps, then hold a forearm plank for 20 seconds. Do 9 reps, then hold a forearm plank for 20 seconds. Continue decreasing the number of push-ups until you do just 1 rep and hold the last forearm plank.

Week 4: Flows and Fine-Tuning

You've put in the work to build strength all over your upper body — and now it's time to have some fun. Stokes put together these creative flows to test your ability and incorporate new movement patterns to keep your brain and body guessing. Take note of that final endurance push-up challenge and see how far you've come — but don't slack on Days 29 and 30. Those last two combos are made to push you to your limit.

Day 22: Triceps Push-Up to Bodyweight Triceps Extension

PHOTO: PETER ARDITO

- A.** Start in a high plank position with hands directly underneath shoulders and legs extended, feet hip-width apart.
- B.** Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads and hold this starting position.
- C.** Keeping arms close to sides, slowly lower body and stop 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to knees.
- D.** Quickly push back up to a high plank position.

extend elbows. Keep hips in downward dog position.

F. Tuck tailbone, round spine, and roll forward into the starting position. That's one rep.

Do 10 reps.

Day 23: Triceps Dip to Panther

 Day 23: Triceps Dips to Panther Flow

PHOTO: PETER ARDITO

A. Sit on the floor, hands behind body with thumbs pointing forward and fingertips on a slight diagonal. Lift hips up, shift weight into hands, open chest, and roll shoulders back.

B. Bend at elbows and send them straight back until butt taps the floor.

C. Push into hands to straighten elbows.

Do 5 reps.

Exercise 2: Panther

A. Flip over into a table-top position on the floor with hands stacked directly under shoulders, knees bent and stacked directly under hips, and feet hip-width apart. Hover knees 2 inches above the floor.

B. Keeping back flat and core tight, move opposite arm and leg forward 2 inches, rotate elbows in and dip toward the floor. Repeat with the other side.

Move forward for 4 total steps, then backward for 4 steps.

Repeat the circuit 5 times.

Day 24: Plank Triceps Extension to Triceps Push-Up


 Day 29 Part 2: Triceps Push-Up to Bodyweight Triceps Extension Flow

PHOTO: PETER ARDITO

Exercise 1: Plank Triceps Extension

- A.** Start in a table-top position on the floor with hands stacked directly under shoulders, knees bent and stacked directly under hips, and feet hip-width apart. Lower one forearm down to the floor at a time, elbows in line with shoulders. Plant palms firmly on the floor or create gentle fists.
- B.** Lift both knees off the floor and straighten legs to come into a forearm plank position, squeezing glutes together and engaging core. Actively push away from the floor and maintain a straight line from head to heels.
- C.** Move elbows slightly forward, 2 inches in front of shoulders. Plant palms firmly, rotate elbows in, and press through elbows to straighten arms.
- D.** Touch elbows back to floor. That's one rep.

Exercise 2: Triceps Push-Up

A. From a high plank, step hands back in line with shoulders and tuck arms close to sides. Slowly lower body and stop 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to knees.

B. Quickly push back up to the starting position.

Do 2 reps.

Repeat the circuit 5 times.

Day 25: Plank Up/Down to Plank Jack to Mountain Climbers


 Day 25: Plank Up/Down to Plank Jack to Mountain Climbers Flow

PHOTO: PETER ARDITO

Exercise 1: Plank Up/Down

A. Start in a table-top position on the floor with hands stacked directly under shoulders, knees bent and stacked directly under hips, and feet hip-width apart.

B. Lift both knees off the floor and straighten legs to come into a high plank position on palms, squeezing glutes together and engaging core. Actively push away from the floor and maintain a straight line from head to heels to come into the starting position.

C. Keeping hips square, lower right elbow to the floor, then left elbow, to come into a forearm plank. Place right hand under right shoulder, then left hand under left shoulder to return to a high plank. That's one rep.

Do 1 rep.

Exercise 2: Plank Jack

A. Holding a high plank position and keeping core engaged, hop feet apart, then hop them back together again. That's one rep.

Do 2 reps.

Exercise 3: Mountain Climbers

quickly drive knee to chest.

C. Return foot to start and repeat with the other leg. Quickly alternate driving knees in toward chest as if running.

Do 4 reps on each side.

Continue the circuit for 30 seconds. Repeat 3 times.

Day 26: Couching Tiger Push-Up to Dive Bomber Push-Up

 Day 26: Couching Tiger Push-Up to Dive Bomber Push-Up Flow

Exercise 1: Crouching Tiger Push-Up

- A.** Start in a high plank position with hands slightly wider than shoulder-width apart and legs extended, feet hip-width apart.
- B.** Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads. Push elbows out so arms form a 90-degree angle to body.
- C.** Look down to keep neck neutral and slowly lower body, stopping 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to toe.
- D.** While holding a push-up position, bend knees and shift hips back so knees are hovering 2 inches off floor and arms are extended.
- E.** Straighten knees and lift hips up into downward dog position. Then tucking tailbone and rounding spine, roll back into plank position. That's one rep.

Do 3 reps.

Exercise 2: Dive Bomber Push-Up

- A.** From a high plank position, shift hips back to move into a downward dog.
- B.** Lower head toward the floor, then face, chest, and belly button, then push through back to downward dog.

Do 3 reps.

Repeat the circuit 5 times.

Straight-Arm Fine-Tuning Work

 Day 6: Fine-Tuning with Dolphin Push-Up

PHOTO: PETER ARDITO

A. Using 2.5-lb dumbbells, water bottles, or soup cans, lie on stomach, arms extended backward with weights in hand, palms facing down.

Do 15 reps.

C. Keeping arms lifted, squeeze arms in toward your body, tapping pinkies to hips, pressing in and out.

Do 15 reps.

Hand-Release Push-Up

 Day 27: Fine-Tuning with Hand Release Push-Ups

B. Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads.

C. Keeping arms close to sides, slowly lower body to the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to knees.

D. Lift hands off the floor and extend arms straight in front, hovering off the floor.

E. Return arms back to sides of ribcage and quickly push back up to the starting position.

Continue for 30 seconds.

Repeat circuit 3 times.

Day 28: Endurance Push-Up Challenge

 Day 28: Endurance Push-Up Challenge

PHOTO: PETER ARDITO

- A.** Start in a high plank position with hands directly underneath shoulders and legs extended, feet hip-width apart.
- B.** Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads. Push elbows out so arms form a 45-degree angle to body.
- C.** Look down to keep neck neutral and slowly lower body, stopping 3 inches above the floor. Keep core engaged throughout the movement, ensuring body forms a straight line from head to toe.
- D.** Quickly push back up to the starting position.

Do 12 reps, then hold a forearm plank for 20 seconds. Do 12 reps, then hold a forearm plank for 20 seconds. Continue decreasing the number of push-ups until you do just 1 rep and hold the last elbow plank.

Day 29: Skull Crusher and Triceps Push-Up to Bodyweight Triceps Extension

Exercise 1: Skull Crusher

PHOTO: PETER ARDITO

A. Lie on the floor faceup, feet flat and holding a moderately heavy dumbbell (5 to 10 lbs) in each hand. Extend arms above head, elbows in line with shoulders.

B. Rotate elbows in, then flex the weight toward head so elbows are bent at a 90-degree angle.

C. Press the weight back up and straighten arms completely, squeezing triceps.

Do 3 sets of 15 reps, alternating sets with the triceps push-up to bodyweight triceps extension.

 Day 22: Triceps Push-Up to Body-Weight Triceps Extension Flow

PHOTO: PETER ARDITO

- A.** Start in a high plank position with hands directly underneath shoulders and legs extended, feet hip-width apart.
- B.** Engage core by tucking tailbone and drawing navel in toward spine. Lock in lats by drawing shoulders down and away from ears. Engage glutes and quads and hold this starting position.

ensuring body forms a straight line from head to knees.

D. Quickly push back up to a high plank position.

E. Quickly shift hips back into downward dog position. Rotating elbows in, tap them to the floor, then press through the palms to extend elbows. Keep hips in downward dog position.

F. Tuck tailbone, round spine, and roll forward into the starting position. That's one rep.

Do 3 sets of 8 to 10 reps, alternating sets with the skull crusher.

Day 30: Triceps Kickback and Panther

Exercise 1: Triceps Kickback

 Day 17 Part 1: Triceps Kick-Backs

PHOTO: PETER ARDITO

- A.** Stand with feet hip-width apart and arms at sides, holding a dumbbell in each hand. Hinge forward at the hips while keeping core tight, back flat, and sticking butt out.
- B.** Lock elbows by sides, press the weight back and straighten arms to lock completely. Squeeze and hold for 2 seconds.
- C.** Pull elbows back in to a 90-degree angle, careful not to swing weight

Do 3 sets of 15 reps, alternating sets with the panther.

Exercise 2: Panther

 Day 30 Part 2: Panthers

PHOTO: PETER ARDITO

A. Flip over into a table-top position on the floor with hands stacked directly under shoulders, knees bent and stacked directly under hips, and feet hip-width apart. Hover knees 2 inches above the floor.

B. Keeping back flat and core tight, move opposite arm and leg forward 2 inches, rotate elbows in and dip toward the floor. Repeat with the other side.

C. Move forward for four total steps, then backward for four steps. That's 1 rep.

Do 3 sets of 5 reps, alternating sets with the triceps kickback.


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 SHP_MTM_PushUp.

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By Megan Falk

 Carrie Underwood Working Out

CELEBRITY WORKOUTS

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By Marietta Alessi

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By Megan Falk

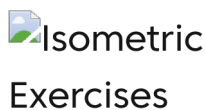


Chest-Press

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6 Chest Press Variations to Build Upper-Body Strength

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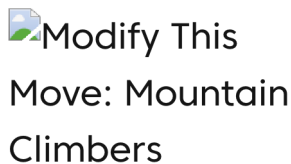


Isometric Exercises

EXERCISE TIPS

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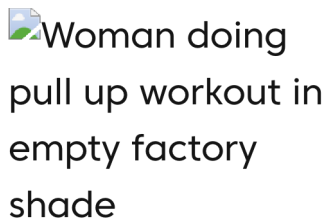


Modify This Move: Mountain Climbers

AB WORKOUTS

5 Mountain Climber Variations That Work for Every Fitness Level and Goal

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Woman doing pull up workout in empty factory shade

WORKOUTS

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 Mobility Exercises

EXERCISE RECOVERY

The 8 Best Mobility Exercises for When Your Body Feels Too Tight to Function


By Megan Falk

 hiit workouts for beginners , Black woman using her red dumbbells to

HIIT

This Full-Body HIIT Workout for Beginners Will Leave You Dripping In Sweat

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 Jessica Alba Workout

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