

One Month Arm Workout

Week 1

1 *2-in-1*

2 *Cardio*

3 *Rest*

4 *2-in-1*

5 *Rest*

6 *Cardio*

7 *2-in-1*

Week 2

8 *Cardio*

9 *2-in-1*

10 *Rest*

11 *Cardio*

12 *2-in-1*

13 *Rest*

14 *2-in-1*
**weight check in*

Week 3

15 *Cardio*

16 *2-in-1*

17 *Rest*

18 *Cardio*

19 *Rest*

20 *2-in-1*

21 *Cardio*

Week 4

22 *2-in-1*

23 *Rest*

24 *2-in-1*

25 *Rest*

26 *2-in-1*

27 *Cardio*

28 *Rest*

Week 5

29 *2-in-1*

30 *Cardio*

31 *Rest*

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