

arms  
*of* steel

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by DAREBEE

# 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

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Day 2

30 seconds  
rest between  
between exercises

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

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



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

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

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Day 3

30 seconds  
rest between  
exercises



**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

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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

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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

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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

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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



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Day 8

30 seconds  
rest between  
exercises

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

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



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

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Day 9

30 seconds  
rest between  
exercises



**60 seconds** hold  
arms to sides



**60 seconds** hold  
arms to front



**60 seconds** hold  
arms overhead



**60 seconds**  
arm circles

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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

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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

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Day 12

30 seconds  
rest between  
exercises



**60 seconds**

clench / unclench  
arms to sides



**60 seconds**

arms hold



**60 seconds**

clench / unclench  
arms to front



**60 seconds**

arms hold

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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

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Day 14

30 seconds  
rest between  
exercises

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**22** arm raises  
**3 sets** in total  
30 seconds rest  
between sets



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



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



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

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Day 15

30 seconds  
rest between  
exercises



**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



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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

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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

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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

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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

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Day 20

30 seconds  
rest between  
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

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Day 21

30 seconds  
rest between  
exercises



**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

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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

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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



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Day 24

30 seconds  
rest between  
exercises



**2 minutes**

clench / unclench  
arms to sides



**2 minutes**

arms hold



**2 minutes**

clench / unclench  
arms to front



**2 minutes**

arms hold

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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



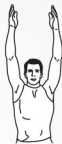
**14** scissor chops

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Day 26

30 seconds  
rest between  
exercises

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

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



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

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Day 27

30 seconds  
rest between  
exercises



**2 minutes** hold  
arms to sides



**2 minutes** hold  
arms to front



**2 minutes** hold  
arms overhead



**2 minutes**  
arm circles

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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

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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

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Day 30

30 seconds  
rest between  
exercises



**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