

10 No-Equipment Arm Workout Planner for Women at Home

Your Fitness Bestie

Sculpt strong, toned arms with this ^{August 2025} 4-week planner! Perfect for women aged 25-60. No equipment needed just your badass energy!

Inspired by the blog post at yourblog.com/arm-workouts

Hey, You! Lets Sculpt Those Arms!

Hey, fitness rockstar! Ready to rock tank tops and lift groceries like a champ? This planner brings you the 10 no-equipment arm workouts from our blog, packed into a 4-week schedule. Each workout targets your biceps, triceps, and shoulders for that sculpted vibe. Aim for 3-4 sessions a week, 20-30 minutes each. Track your reps, celebrate wins, and feel the burn! Oh, and I once spilled coffee mid-plank dont be me! Grab a water bottle and lets slay!

Your 10 Arm-Sculpting Moves

Heres a quick rundown of the workouts. Do 3 sets of 10-15 reps per move, unless noted. Modify as needed you got this!

Workout	Target Muscles	Time	Difficulty	Modification
Push-Ups	Triceps, Shoulders	2-3 min	Medium	Knee or Wall Push-Ups
Tricep Dips	Triceps	2-3 min	Medium	Feet Closer
Plank Shoulder Taps	Shoulders, Core	1-2 min	Easy	Knee Plank
Arm Circles	Shoulders, Biceps	1-2 min	Easy	Bent Elbows
Inchworm to Plank	Full Arms, Core	2-3 min	Medium	Bend Knees
Diamond Push-Ups	Triceps	2-3 min	Hard	Knee or Wall
Plank Up-Downs	Arms, Core	2-3 min	Medium	Slow Pace
Shadow Boxing	Arms, Shoulders	2-3 min	Easy	Slow Punches
Wall Angels	Shoulders	1-2 min	Easy	Seated
Handstand Hold	Full Arms, Shoulders	1-2 min	Hard	Partial Kick-Up

4-Week Arm-Sculpting Schedule

Follow this plan for 3-4 days a week. Mix and match workouts, aiming for 5-6 moves per session. Rest 1-2 days weekly. Use a fitness app like MyFitnessPal to track progress!

Week 1: Build the Foundation

Focus on form and consistency. Do 3 sets of 10 reps each.

- **Day 1:** Push-Ups, Tricep Dips, Plank Shoulder Taps, Arm Circles, Wall Angels
- **Day 2:** Inchworm to Plank, Shadow Boxing, Plank Up-Downs, Arm Circles, Push-Ups
- **Day 3:** Tricep Dips, Plank Shoulder Taps, Wall Angels, Inchworm to Plank, Shadow Boxing
- **Day 4 (Optional):** Pick 5 moves from the table, focus on slow, controlled reps.

Track It: Note reps and how you feel below.

Week 2: Level Up Intensity

Increase to 12-15 reps or add 30 seconds to timed moves.

- **Day 1:** Diamond Push-Ups, Plank Up-Downs, Arm Circles, Wall Angels, Push-Ups
- **Day 2:** Tricep Dips, Inchworm to Plank, Shadow Boxing, Plank Shoulder Taps, Handstand Hold
- **Day 3:** Push-Ups, Diamond Push-Ups, Arm Circles, Plank Up-Downs, Wall Angels
- **Day 4 (Optional):** Mix 6 moves, try a circuit (30 sec each, no rest between).

Track It: Log progress and any strength gains!

Week 3: Push Your Limits

Aim for 15 reps or 45 seconds per move. Feel the burn!

- **Day 1:** Handstand Hold, Tricep Dips, Plank Shoulder Taps, Inchworm to Plank, Shadow Boxing
- **Day 2:** Diamond Push-Ups, Plank Up-Downs, Arm Circles, Push-Ups, Wall Angels
- **Day 3:** Shadow Boxing, Inchworm to Plank, Tricep Dips, Plank Shoulder Taps, Handstand Hold
- **Day 4 (Optional):** Do all 10 moves, 10 reps each, for a full-arm blast.

Track It: Write down your fave move this week!

Week 4: Shine Bright

Go all out with 15 reps or 1 minute per move. Show those arms whos boss!

- **Day 1:** Push-Ups, Diamond Push-Ups, Plank Up-Downs, Arm Circles, Handstand Hold
- **Day 2:** Tricep Dips, Shadow Boxing, Wall Angels, Inchworm to Plank, Plank Shoulder Taps
- **Day 3:** Handstand Hold, Plank Up-Downs, Push-Ups, Arm Circles, Diamond Push-Ups
- **Day 4 (Optional):** Create your own circuit with 6-8 moves, 45 sec each.

Track It: Celebrate your progress how strong do you feel?

Track Your Arm Glow-Up

Log your reps, sets, and notes weekly to see your strength soar. Example: Push-Ups: 3 sets of 12, felt strong!

Week	Workout	Reps/Sets	Notes
Week 1			
Week 2			
Week 3			
Week 4			

Tips to Crush Your Workouts

- **Consistency:** 20-30 min, 3-4x/week. Short sessions rock, per WodGuru.
- **Form:** Watch Blogilates on YouTube for form tips to avoid injury.
- **Fuel:** Post-workout protein (Greek yogurt, eggs) aids recovery, says ACE.
- **Track:** Use FitNotes app to log reps. Its a 2025 fave!
- **Rest:** 1-2 rest days/week. Your muscles grow during downtime.

Personal Note: I skipped rest once and felt like a creaky hinge. Recovery's queen!

You're a Fitness Rockstar!

Congrats on starting your arm-sculpting journey! This planner is your roadmap to toned arms in 4 weeks. Keep pushing, track your wins, and flex those muscles with pride. Share your progress at yourblog.com/comments or tag us on Insta! You're not just building arms; you're building confidence. Go slay!