



RILEY PEARCE

Lower-Body Freebie Workouts



5 lower body workouts you can mix-and-match, repeat until you're tired of them, or work them into your current routine.

You'll feel the burn and give your glutes, quads, and hamstrings a great workout! Complete with warm-up, cardio, and core work!

Do something good for your body today

Freebie Workout 1

Warm Up

Band warm-up for lower body.

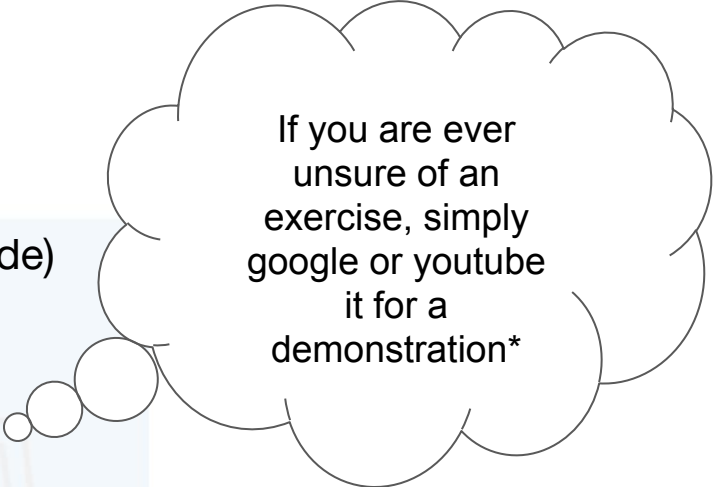
15x Band glute kickbacks (15 each side)

15x wide bodyweight squats

15x each band clam shells

15x glute bridge

Repeat 2x



If you are ever unsure of an exercise, simply google or youtube it for a demonstration*

Set 1

A1. Goblet Squat (Kettlebell or Dumbbell)

- 10 reps x medium/heavy weight

A2. Step Ups (Bench or Box)

- 10 reps each leg. Hold dumbbells/Kettlebells in either hand to increase intensity

Repeat 3-4x depending on desired level of intensity

Set 2

B1. Jump Squat with 3x pulse

- Jump up, and when you land, sink into a squat, pulse (or bounce) 3x in the deep squat. That's 1 rep. Repeat 10 - 12x.

B2. Dumbbell or Kettlebell straight leg deadlift

- Feet shoulder width apart, push the hips back and lower the weight to the ground, keeping the shoulders back and the back stiff and flat. You should feel this in the back of your legs. Stand up and squeeze your glutes!

Repeat 3-4x depending on desired level of intensity

Set 3 - Cardio

On any cardio machine:

- 2 minute warm-up
- 5 minute effort
- 1 min rest
- 5 min effort
- 3 min cool down.

Set 4 - Core/Abs

C1. Elbow Plank 30s - 60s

C2. Shoulder Taps 16 - 20 reps

Repeat 2-4x depending on desired level of intensity.

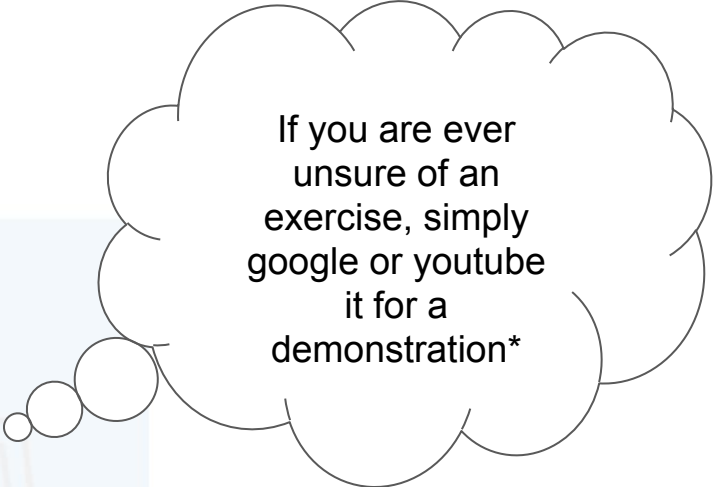
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Freebie Workout 2

Warm Up

Treadmill Warm-Up

- 1 min walking. 0% incline
- 1 min walking. 2% incline
- 1 min walking. 4% incline
- 2 min walking. 6% incline
- 2 min jog. 0-2% incline



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Set 1

- A1. Overhead Walking Lunges
- Take a weight (DB, KB, Plate etc.) and hold it straight over your head.
 - 10 walking lunges 1 direction
 - 10 walking lunges back
- A2. Weighted Glute Bridge
- Place a weight on your hips
 - Drive through the heels to push the hips up and squeeze the glutes
 - 15 reps

Repeat 3-4x depending on desired level of intensity

Set 3 - Cardio

Stepper Intervals. 30s effort - 30s rest

- Toe taps
- Side lunge over step
- Push Ups over the end of the stepper

Repeat 3 - 4x depending on desired level of intensity

Set 2

- B1. Squat to Overhead Press
- DB or KB
 - 10-12 reps
- B2. Swiss Ball Hamstring Curls
- Heels on the swiss ball (large ball)
 - Shoulders to hands on the ground.
 - Hips up!
 - Pull the ball in towards you, and push out again.
 - 10-12 reps

Repeat 3-4x depending on desired level of intensity

Set 4 - Core/Abs

C1. Dumbbell pull across - 16 - 20x

C2. Side Plank Threading 10 -15x each side

Repeat 2-4x depending on desired level of intensity.

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Freebie Workout 3

Warm Up

Pyramid Squat Sets

- Bodyweight squats 10 reps
- 5lbs goblet squat 10 reps
- 10lbs goblet squat 10 reps
- 5lbs goblet squat 10 reps
- Bodyweight squats 10 reps

Minimal rest between weights.

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Set 1

A1. Squat to Reverse Lunge

- Squat, reverse lunge, squat, reverse lunge. Every Reverse lunge counts as 1 rep
- 10 - 16 reps

A2. Bench Supported Glute Bridge

- Lunge the lower angle of your shoulder blade up against the edge of the bench.
- Place a weight at the hips. Drive through the heels and squeeze the glutes!
- 10 - 12 reps

Repeat 3-4x depending on desired level of intensity

Set 3 - Cardio

Treadmill Intervals:

- 30s fast run/sprint.
- 1 min rest

Repeat 4 - 6x depending on desired level of intensity. Cool down for 3-5 min afterwards

Set 2

B1. Static Split Squat

- DB or KB in hands
- 10 - 12 reps each leg

B2. Wall Sit

- 20-45s

Repeat 3-4x depending on desired level of intensity

Set 4 - Core/Abs

C1. Deadbug w/ Exercise Ball

10-20 reps

C2. Swiss Ball Knee Tucks

10 - 15 reps

Repeat 2-4x depending on desired level of intensity.

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Freebie Workout 4

Warm Up

Incline Walk on Treadmill

- Walk on an incline of 4% - 6% on the treadmill
- Stay on the treadmill for 6 - 10 minutes

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Set 1

A1. Kettlebell Sumo Deadlift

- 10-12 reps. Med/heavy weight
- *Watch your technique. Keep that back strong, shoulders back and don't forget to squeeze the glutes!

A2. Alternative Squat Jumps

- Start with a wide squat, jump to a neutral squat, and then jump to a narrow squat. That's 1 reps. Jump out to a wide squat to restart
- 4 - 6 reps

Repeat 3-4x depending on desired level of intensity

Set 3 - Cardio

Rowing Machine Tabatta

- 1 min warm up
- 20s sprint
- 10s rest

Repeat 4x. Cool down for 3-5 min afterwards

Set 2

B1. Banded Glute Kickbacks

- Band around the mid-calf. Use the back of an incline bench to support your upper body.
- Up on the tippy-toes, and then kick back on an angle, keeping that leg straight (knee slightly bent).
- 15-20 reps each side.

B2. Step Tap Ups to a Bench or Box

- Keeping one foot planted on the bench, step up, tap the toe on the bench, and step *just that foot down*.
- 10 - 12 reps each side

Repeat 3-4x depending on desired level of intensity

Set 4 - Core/Abs

C1. Straight Arm Plank w/ Knee Taps

12 - 16 reps (each tap is a rep)

*don't let those hips twist!

C2. V-Sit Hold

20 - 30s

Repeat 2-4x depending on desired level of intensity.

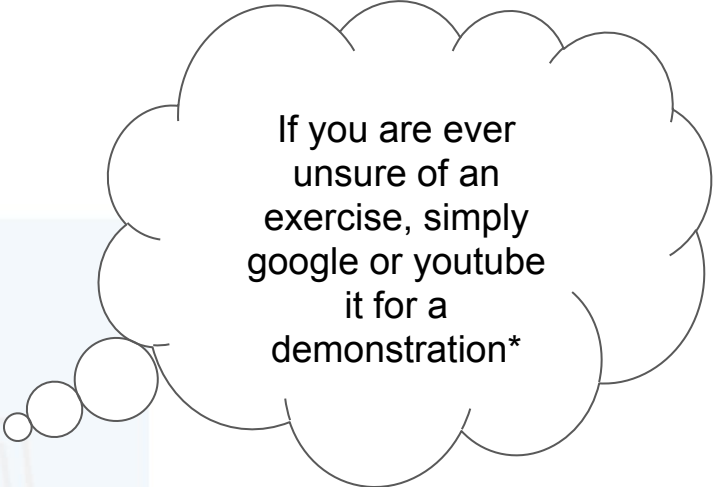
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Freebie Workout 5

Warm Up

- 20s high knees
- 20s butt kicks
- 20s jump squats
- 20s pulse split squats (right side)
- 20s pulse split squats (left side)

Repeat 2x



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Set 1

A1. Squat to High-Knee/Side Bend (For the Abs too!)

- Squat down, stand up, raise one knee up to the elbow on the side, “crunching” the side abs
- 30s

A2. Squat to Curtsy Lunge

- Squat, stand, curtsy lunge (foot lands back and to the outside of other foot). Repeat to the other side.
- 30s

30s rest. Repeat 4x

Set 3 - Cardio

12 Minutes to 27

- 3 jump squats. 3 Push Ups
- 6 jump squats. 6 push ups
- 9 jump squats. 9 push ups
- Etc. to 27, or until the time runs out - whichever comes first.

Set 2

B1. Deadlift to Side Lunge

- Push the hips back into a deadlift, stand-up and squeeze the glutes, side lunge, return and repeat on the other side.
- 30s

B2. Step Ups (Left Lead)

- 15s

B3. Step Ups (Right Lead)

- 15s

30s Rest. Repeat 4x.

Set 4 - Core/Abs

C1. Dumbbell Single Leg Crunch

- Lying down straight with DB above head.
- Pull dumbbell in towards the body as you bring 1 knee towards the chest. “Crunch” the abs. Repeat on other side.
- 30s

C2. Side Plank (R & L)

- 30s

30s rest. Repeat 3x.

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