



RILEY PEARCE

Upper-Body Freebie Workouts



5 upper 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 pecs, bi's, tri's, shoulders, and lats 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 upper body.

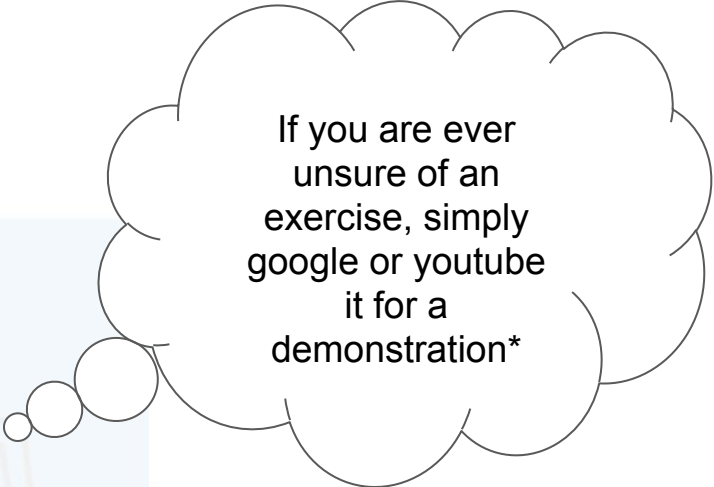
20x external rotations

20s Band-resisted “Y’s”

(No Band) 10 Arm circles (forward)

(No Band) 10 Arm circles (backward)

Repeat 2x



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

Set 1

A1. Incline Bench DB Chest Press

- 10-12 reps. Medium weight

A2. Incline Bench-Supported DB

Rows

- 10-12 reps. Medium weight

A3. Seated Overhead Press

- 10 reps. Light/Medium Weight

Repeat 3-4x depending on desired level of intensity

Set 2

B1. Single Dumbbell Front Raise

- Holding the dumbbell on each side. Raise it until your straight arms and the dumbbell are in line with your forehead.

- 10-12 reps. Light/Medium weight

B2. Incline Bench Supported Reverse Flies

- 10-12 reps. Light/Medium Weight
- *Squeeze your shoulder blades together!

Repeat 3-4x depending on desired level of intensity

Set 3 - Cardio

Rowing Intervals

- 100m sprint
- 100m easy going

Repeat 4-5x depending on the desired level of intensity.

Cool down for 2-5 minutes.

Set 4 - Core/Abs

C1. Deadbug with swiss ball 30s

C2. Bicycle crunch 30s

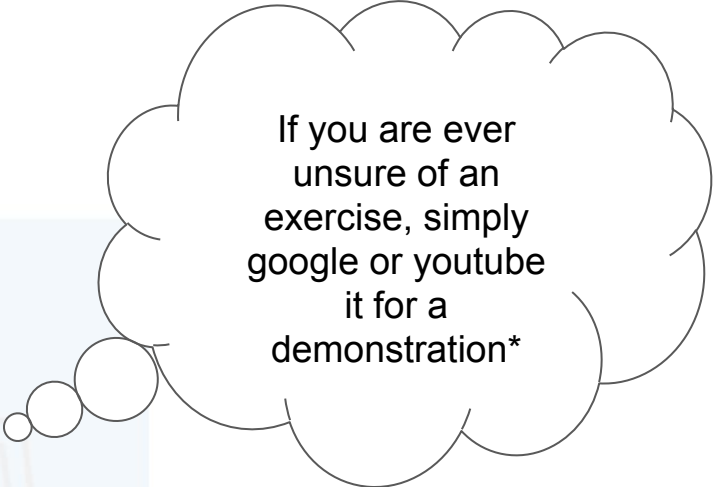
Repeat 2-4x depending on desired level of intensity.

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. Seated Cable Face Pull

- 10 reps. Nice and slow. Really squeeze those shoulder blades together. Medium weight

A2. Cable Bicep Curl

- 15 reps. Lock those elbows at your side and really focus the movement on the biceps. Medium Weight

A3. Cable Rope Overhead Tri-cep Ext.

- 10 - 12 reps. Medium Weight.

Repeat 3-4x depending on desired level of intensity

Set 2

B1. EZ-Bar Bicep Curls

- 10-12 reps. Medium Weight

B2. Incline Bench Close Grip DB Chest press

- Hold the dumbbells together, palms facing each other.
- Starting from the chest, press straight up, keeping the DB's together. Squeeze your tri-ceps!

- 12 reps. Medium weight

B3. Single Arm Dumbbell Row

- 10 reps each side. Medium weight

Repeat 3-4x depending on desired level of intensity

Set 3 - Cardio

Full Body HIIT

- 20s high knees
- 20s push ups
- 20s jump squats
- 20s crunches
- 1 min rest.

Repeat 3 - 4x depending on desired level of intensity

Set 4 - Core/Abs

C1. Swiss Ball Knee Tucks 30s

C2. Swiss Ball Pot Stirrs 10s each direction

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

Freebie Workout 3

Warm Up

Bodyweight I-T-Y's - Supported by Incline Bench

- Chest on the bench
- Thumbs to the sky, arms straight.
- Squeeze the shoulder blades and make a T (to the side) with the arms. Then an I (straight up). Then Y (up and to an angle).
- Repeat 10x for each letter.

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Set 1

A1. Commando Push Ups

- Start in straight arm plank, drop down to elbow plank, and then press back up to straight arm plank 1 arm at a time. That's 1 rep.
- 10 reps

A2. Dumbbell Lateral Raise

- 10 reps. Light/Medium weight

A3. Dumbbell Front Raise

- 10 reps. Light weight

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. Flat Bench Dumbbell Chest Press

- 10-12 reps. Medium weight

B2. Bent Over Dumbbell Reverse Flies

- 10 reps. light/medium weight
- *Squeeze those shoulder blades!

B3. Flat Bench dumbbell pec flies

- 10 reps. Medium weight
- Keep the elbows slightly bent

Repeat 3-4x depending on desired level of intensity

Set 4 - Core/Abs

C1. Elbow Plank 30 - 60s

C2. Plate Pass Crunches 30s

- Lie flat, with legs straight and hands above the head holding only a 2.5 - 5lbs plate.
- Pull the knees in, and bring the hands and plate up, dropping the plate on the shins. Extend out straight. Come back in and take the plate back in your hands.

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

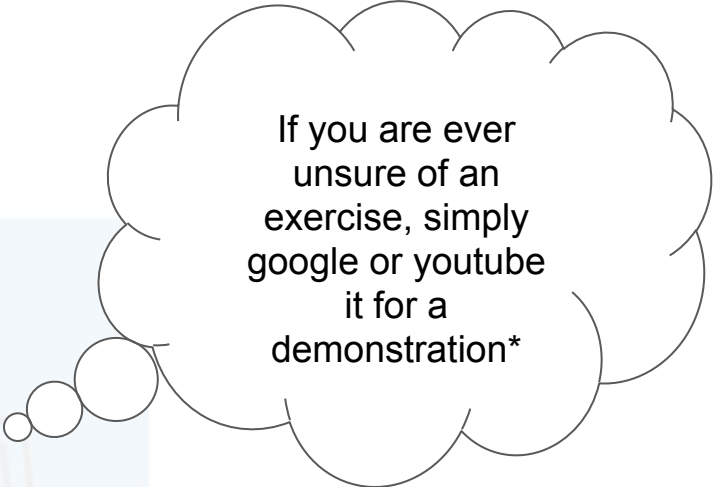
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Freebie Workout 4

Warm Up

Rowing Machine Steady State Warm Up

- Row at a moderate pace for 5 - 10 minutes.



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Set 1

A1. Lat Pull Down - Neutral Grip (Palms Facing each Other)

- 10-12 reps. Medium weight.
- *Only pull down as far as where your wrists meet your neck.

A2. Incline Push Ups

- 8-12 reps. Hands on a wall, a bench, a secure bar. Don't let the hips sag, or the head bob forward.

Repeat 3-4x depending on desired level of intensity

Set 2

B1. Dumbbell Chest Press

- 8-10 reps. Medium/Heavy weight

B2. Dumbbell Upright Row

- 10-12 reps. Medium weight

B3. EZ Bar Bent Over Row (Palms Forward/Underhand grip)

- 10-12 reps. Medium Weight.
- Keep those elbows close and squееееее those shoulder blades together.

Repeat 3-4x depending on desired level of intensity

Set 3 - Cardio

HIIT

- 30s push ups
- 30s mountain climbers
- 30s med ball slams
- 30s rest

Repeat 3-4x depending on desired level of intensity

Set 4 - Core/Abs

C1. Side Plank Threading 20s each side

C2. Leg Raises 20s

- Put your hands under your low back if you experience low back pain.

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

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Freebie Workout 5

Warm Up

- Incline push ups
- Med ball slams
- Light weight, dumbbell “half moons”
 - Palms forward, top of the dumbbell towards the sky.
 - Keep the arms straight and raise the dumbbells up and overhead until they meet over your head. Bring back down by your side.

20 reps each exercise. Repeat 2x

Set 1

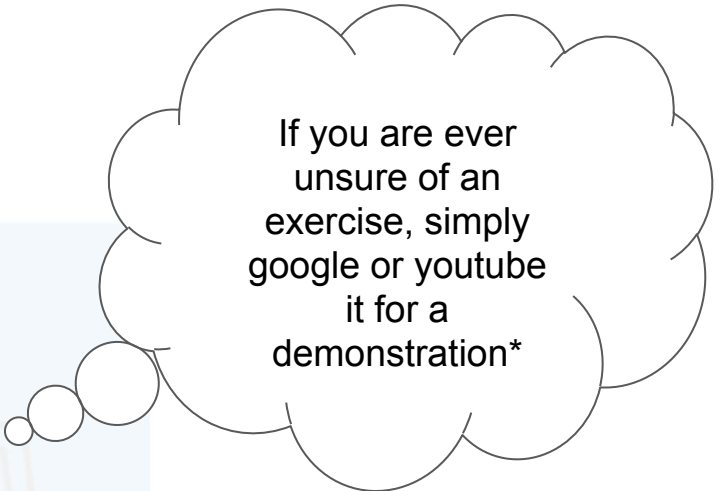
- A1. Assisted Pull Up Machine
- 10 reps.
 - Medium assist
- A2. Assisted Tri-cep Dips
- 10 reps
 - *Be careful of your shoulders!

30s rest. Repeat 4x

Set 3

- C1. Cable Single Arm, Underhand Tricep Extension
- 10 reps each side. Light/medium weight.
 - Watch your wrists here
- C2. Cable Single Arm High Row/Rear Delt Row
- 10 reps each side. Light/Medium weight
 - Make sure you feel your rear shoulder muscle working.

30s Rest. Repeat 4x.



Set 2

- B1. Standing Cable Row
- 12 reps. Medium weight
- B2. Standing Cable Tricep Extensions
- 15 reps. Medium weight.

30s Rest. Repeat 4x.

Set 4 - Cardio

12 Minutes to 27

- 3 jump squats. 3 overhead press (light weight).
- 6 jump squats. 6 overhead press (light weight)
- 9 jump squats. 9 overhead press (light weight)
- Etc. to 27, or until the time runs out - whichever comes first.

Set 5 - Core Abs

- D1. Dumbbell Pull Across 20s
- D2. Swiss Ball Roll Outs 20s
- D3. Bicycle Crunch 20s

30s Rest. Repeat 2x

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