

## Upper Body Exercise Intervals with walking on a treadmill, outside or on a stationary bike by Janelle Baldwin



Here's an example of adding exercises to your cardio like adding in overhead presses, air punches and triceps extensions to your exercise bike program. Ride/walk for a few minutes to warm up and then do 1 bout of 30 seconds of each of the exercises, followed by 1-minute regular stationary biking, or walking. For beginners, I would advise NOT using weights, make a fist with your hands instead and do the exercise for 30 seconds. It will be safer. When you are doing lots of repetitions, using the weight of the limb against gravity will work the muscles more than you think!

### Overhead presses (Alternating or singles arm)



### Air punches (alternating) – this can be done forward or crossing the body to add in the obliques



### Triceps (can do single or double) Extensions (note, tighten the core so you do NOT arch the back)



### Middle deltoids and bicep curls



### Pec exercise



Really, you can add so many other exercises in your intervals. Be as creative as you like! It can really break up a stationary bike ride or a walk and boost your heart rate, metabolism, and endurance in the process!



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