

# YPB Workout Stationary Bike and Dumbbells 35

## Lower Body

Date: \_\_\_/\_\_\_/\_\_\_



1. Warm-up (3-8 minutes on the Bike and 20 Squats and 20 Lunges)
2. How long will it take you to complete 3 miles on the bike? Start at resistance level 1 upping your resistance level every 2 minutes. Resistance \_\_\_\_\_ Time \_\_\_\_\_
3. How long will it take you to complete 65 Dumbbell Stiff Leg Dead Lifts? Weight \_\_\_\_\_, Time \_\_\_\_\_
4. How long will it take you to complete 65 Dumbbell Plié Squats? Weight \_\_\_\_\_, Time \_\_\_\_\_
5. How long will it take you to complete 60 Dumbbell Split Squats (30 reps each leg)? Weight \_\_\_\_\_, Time \_\_\_\_\_
6. How long will it take you to complete 65 toe crunches? Time \_\_\_\_\_
7. Stretching
  - a. 1 Minute Side Lying Quad Stretch Right Leg
  - b. 1 Minute Side Lying Quad Stretch Left Leg
  - c. 1 Minute Side Lying Cross Body Hip Stretch. Repeat for 1 minute with the other side.
  - d. 1 Minute Lying on your back-hamstring Stretch. Repeat for 1 minute with the other leg.

Total Workout Time (Optional) \_\_\_\_\_ Total Calories Burned (Optional) \_\_\_\_\_