

YPB Workout Elliptical and Dumbbells 23

Lower Body

Date: ___/___/___

1. Warm-up (3-8 minutes on the Elliptical and 20 Squats and 20 Lunges)
2. How long will it take you to complete 1 mile on the Elliptical at medium resistance in reverse stride (typically we rotate our legs as we're moving forward, for this exercise you will be rotating your legs as if you're moving backwards)? Incline Level_____, Resistance_____, Time_____.
3. How long will it take you to complete 65 Dumbbell Stiff Legged 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)_____