

YPB Workout Stationary Bike and Dumbbells 30

Upper Body

Date: ___/___/___

Directions: You will want to find a resistance level that is challenging, you should feel as if you are climbing a hill. Remember to go at your own pace.

1. Warm-up: (4 minutes on the bike and 20 Pushups)
2. How long does it take you to complete 1 mile on the bike at hard resistance? Resistance _____, Time _____
3. How much time does it take you to do 50 Upright Dumbbell Rows? (Weight _____) Time _____
4. How long does it take you to complete 50 Flat Bench Position Dumbbell Chest Flys? (Weight _____) Time _____
5. How long does it take you to complete 50 Front Raises? (Weight _____) Time _____
6. How long does it take you to complete 50 Close Grip Tricep Presses? (Weight _____) Time _____
7. How long does it take you to complete 50 Hammer Curls? (Weight _____) Time _____
8. How long does it take you to complete 1 mile on the bike at hard resistance? Resistance _____, Time _____
9. How long does it take you to complete 50 boxer sit-ups? Time _____
10. Stretching:
 - a. 1 Minute Lower Back stretch - pull legs into chest while on your back
 - b. Seated crossed-legged position – twist torso to right and hold for 30seconds then to the left and hold for 30 seconds
 - c. Seated rotating for 1 minute in 15 second segments right shoulder stretch, left shoulder stretch, right triceps stretch, left triceps stretch
 - d. 1 minute rotating in 15 second segments standing right leg quad stretch, left leg quad stretch, right leg elevated hamstring stretch, left leg elevated hamstring stretch



Total Workout Time _____ Total Calories Burned (Optional) _____