

YPB Workout Elliptical and Dumbbells 25

Full Body

Date: ___/___/___

Directions for Elliptical Quarter Mile. You will want to find a resistance level that is challenging but doesn't cause you to become fatigued too quickly. We recommend a medium to hard resistance and remember to go at your own pace.

1. Warm-up: (3-minutes on the Elliptical, 5 push-ups, 5 body weight squats, 5 sit-ups)
2. How long does it take to do a quarter mile on the Elliptical? Resistance _____, Time _____
3. How many Full Squats with Dumbbells can you do in 1 minute? (Weight _____) Reps _____
4. How long does it take to do a quarter mile on the Elliptical? Resistance _____, Time _____
5. How many Dumbbell Rows can you complete in 1 minute? (Weight _____) Reps _____
6. How many Incline Chest Presses can you complete in 1 minute? (Weight _____) Reps _____
7. How long does it take to do a quarter mile on the Elliptical? Resistance _____, Time _____
8. How many Shoulder Presses can you complete in 1 minute? (Weight _____) Reps _____
9. How many Tricep Kick Backs can you complete in 1 minute? (Weight _____) Reps _____
10. How many Bicep Curls can you complete in 1 minute? (Weight _____) Reps _____
11. How long does it take to do a quarter mile on the Elliptical? Resistance _____, Time _____
12. How many Floor Sit Ups or Crunches can you complete in 1 minute? Reps _____
13. Stretching:
 - A. Quad Stretch 1 Minute (30 seconds each leg)
 - B. Back Stretch 1 Minute
 - C. Chest Stretch 1 Minute
 - D. Hamstring Stretch 1 Minute (30 seconds each leg)



Total Workout Time _____ Total Calories Burned _____