

YPB Workout Stationary Bike and Dumbbells 16

Full Body

Date: ___/___/___

Directions: You will want to find a resistance level that is challenging, but doesn't cause you to become fatigued too quickly.

1. Warm-up: (3-minutes on the bike, 5 Push-ups, 5 Full Body Weight Squats and 5 Sit-ups)



2. Bike as far as you can in 5 minutes at medium resistance. Resistance _____, Distance _____

3. How much time does it take you to do 50 Squats? (Dumbbell Weight _____) Time _____



4. Bike as far as you can in 4 minutes at medium resistance. Resistance _____, Distance _____

5. How long does it take to complete 50 Dumbbell Rows? (Dumbbell Weight _____) Time _____

6. How much time does it take to complete 50 incline Chest Presses? (Dumbbell Weight _____) Time _____

7. Bike as far as you can in 3 minutes at medium resistance. Resistance _____ Distance _____



8. How much time does it take to do 50 Dumbbell Shoulder Presses? (Dumbbell Weight _____)
Time _____

9. How much time does it take to do 50 Dumbbell Triceps Kick Backs? (Dumbbell Weight _____) Time _____

10. How much time does it take to do 50 Dumbbell Biceps Curls? (Dumbbell Weight _____) Time _____



11. Bike as far as you can in 2 minutes at medium resistance. Resistance _____ Distance _____

12. How much time does it take to do 50 Floor Sit-ups or Crunches? (No Weights) Time _____

13. Stretching:

- Quad Stretch 1 Minute (30 seconds each leg)
- Back Stretch 1 Minute
- Chest Stretch 1 Minute
- Hamstring Stretch 1 Minute (30 seconds each leg)

Total Workout Time _____ Total Calories Burned _____