

YPB Workout Elliptical and Dumbbells 5

Lower Body

Date: ___/___/___

Directions: 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 level, remember to go at your own pace.

1. Warm-up 5 minutes Total (3-minutes on the Elliptical, 20 Full Body Weight Squats and 10 Sit-ups)
2. How much distance can you cover on the Elliptical in reverse stride in 6 minutes (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)?
Resistance _____, Distance _____
3. How much time does it take you to do 50 Sumo Squats? (Weight _____) Time _____
4. How much time does it take you to do 50 Alternating Lunges? (Weight _____) Time _____
5. Quad Stretch 1 Minute Alternate Legs _____ (Write "Yes" for Completed)
6. How much distance can you cover on the Elliptical in reverse stride in 6 minutes (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)?
Resistance _____, Distance _____
7. How much time does it take you to do 50 Straight Leg Dead Lifts? (Weight _____) Time _____
8. Hamstring Stretch Alternate Legs 1 minute _____ (Write "Yes" for Completed)
9. How much time does it take you to do 50 Standing Calf Raises? (Weight _____) Time _____
10. How long does it take you to do 50 Floor Leg Lifts? (No Weights) Time _____
11. Stretching:
 - a. Butterfly Stretch 1 Minute (30 seconds each leg)
 - b. Seated Wide Leg Stretch 1 Minute
 - c. Calf Stretch 1 Minute



Total Workout Time _____ Total Calories Burned _____