

# YPB Workout Elliptical and Dumbbells 4

## 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. We recommend a medium to hard resistance level, remember to go at your own pace.**

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

2. How much distance can you cover on the Elliptical at medium resistance in 5 minutes? Resistance \_\_\_\_\_, Distance \_\_\_\_\_

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

4. Run as far as you can in 4 minutes (Speed \_\_\_\_\_ Elevation \_\_\_\_\_) Distance \_\_\_\_\_

5. How much distance can you cover on the Elliptical at medium resistance in 4 minutes? Resistance \_\_\_\_\_, Distance \_\_\_\_\_

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

7. How much distance can you cover on the Elliptical at medium resistance in 3 minutes? 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. How much distance can you cover on the Elliptical at medium resistance in 2 minutes? Resistance \_\_\_\_\_, Distance \_\_\_\_\_

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

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 \_\_\_\_\_

