

# YPB Workout Elliptical and Dumbbells 2

## 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: (3-minutes on the Elliptical, 20 Full Body Weight Squats and 10 Sit-ups)
2. How fast can you complete ½ mile on the Elliptical at medium resistance? Resistance \_\_\_\_\_, Time \_\_\_\_\_
3. How many Sumo Squat with Dumbbells can you complete in 1 minute? (Dumbbell Weight \_\_\_\_\_)  
Reps \_\_\_\_\_
4. How many Alternating Lunges can you complete in 1 minute? (Dumbbell Weight \_\_\_\_\_) Reps \_\_\_\_\_
5. Quad Stretch 1 minute alternate legs \_\_\_\_\_ (Write "Yes" for Completed)
6. How fast can you complete ½ mile on the Elliptical at medium resistance? Resistance \_\_\_\_\_, Time \_\_\_\_\_
7. How many Straight Leg Dead Lifts can you complete in 1 minute? (Dumbbell Weight \_\_\_\_\_) Reps \_\_\_\_\_
8. Hamstring Stretch Alternate Legs 1 minute (Write "Yes" for Completed) \_\_\_\_\_
9. How many Standing Calf Raises can you complete in 1 minute? (Dumbbell Weight \_\_\_\_\_) Reps \_\_\_\_\_
10. How many Floor Leg Lifts can you complete in 1 minute? (No Weights) Reps \_\_\_\_\_
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 \_\_\_\_\_