

# YPB Workout Elliptical and Dumbbells 30

## Upper Body

Date: \_\_\_/\_\_\_/\_\_\_

**Directions for Elliptical:** It is important to take your resistance up as far as it will go. Then back off the resistance until you feel like it is hard but still doable. You may need to lower your resistance level several times during the workout. This is okay. Mark the last resistance level you were on by the end. This should feel like you are hiking up a steep mountain or like you are walking in water. It should be tough but remember to go at your own pace.

1. Warm-up: (4 minutes on the Elliptical and 20 Pushups)

2. How long does it take you to complete 1 mile at your personal maximum resistance on the Elliptical?  
Resistance \_\_\_\_\_, Time \_\_\_\_\_



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

4. How long does it take you to complete 50 Flat Bench Position Dumbbell Chest Flys? (Weight \_\_\_\_\_) Time \_\_\_\_\_

5. How long does it take you to complete 50 Front Raises? (Weight \_\_\_\_\_) Time \_\_\_\_\_

6. How long does it take you to complete 50 Close Grip Tricep Presses? (Weight \_\_\_\_\_) Time \_\_\_\_\_

7. How long does it take you to complete 50 Hammer Curls? (Weight \_\_\_\_\_) Time \_\_\_\_\_

8. How long does it take you to complete 50 boxer sit-ups? Time \_\_\_\_\_

9. Stretching:

a. 1 Minute Lower Back stretch - pull legs into chest while on your back

b. Seated crossed-legged position – twist torso to right and hold for 30seconds then to the left and hold for 30 seconds

c. Seated rotating for 1 minute in 15 second segments right shoulder stretch, left shoulder stretch, right triceps stretch, left triceps stretch

d. 1 minute rotating in 15 second segments standing right leg quad stretch, left leg quad stretch, right leg elevated hamstring stretch, left leg elevated hamstring stretch

Total Workout Time \_\_\_\_\_ Total Calories Burned \_\_\_\_\_