

# YPB Workout Stationary Bike and Dumbbells 10

## Full Body

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

1. Warm-up (1 Minute alternating standing front kicks, 1 minute Jumping Jacks, 1 Minute Body Weight Squats, 30 seconds pushups, 30 seconds sit-ups or crunches)
2. How long will it take you to complete 65 Dumbbell Squats? Weight\_\_\_\_\_, Time\_\_\_\_\_
3. How long will it take you to complete 65 Dumbbell Bent-over Rows? Weight\_\_\_\_\_, Time\_\_\_\_\_
4. How long will it take you to complete 65 Flat Dumbbell Bench Presses? Weight\_\_\_\_\_, Time\_\_\_\_\_
5. How long will it take you to complete 65 Shoulder Presses? Weight\_\_\_\_\_, Time\_\_\_\_\_
6. How long will it take you to complete 65 Triceps Kickbacks, both arms at the same time? Weight\_\_\_\_\_, Time\_\_\_\_\_
7. How long will it take you to complete 65 Biceps Curls? Weight\_\_\_\_\_, Time\_\_\_\_\_
8. How long will it take you to complete 65 Leg Lifts? Weight\_\_\_\_\_, Time\_\_\_\_\_
9. How long will it take you to complete 3 miles at low to medium resistance? Resistance \_\_\_\_\_ Time \_\_\_\_\_
10. Stretching
  - a. 1 Minute Downward Facing Dog Stretch
  - b. 1 Minute High Cobra Position (low back stretch)
  - c. 1 Minute Seated Legs straight in front of you and together...reach out and touch your toes
  - d. 2 minutes Stretch any tight muscles otherwise rotate through upper body stretches



Total Workout Time (Optional)\_\_\_\_\_ Total Calories Burned (Optional)\_\_\_\_\_