

YPB Workout Stationary Bike and Dumbbells 1

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 resistance level, and remember to go at your own pace.

1. Warm-up: (3-minutes on the bike, 5 push-ups, 5 body weight squats, 5 sit-ups)



2. How long does it take to do half of a mile on the bike? (Resistance_____, Time_____)

3. How many Full Squats with Dumbbells can you do in 1 minute? (Weight_____) Reps_____



4. How long does it take to do half of a mile on the bike? (Resistance_____, Time_____)

5. How many Dumbbell Rows can you complete in 1 minute? (Weight_____) Reps_____

6. How many Incline Chest Presses can you complete in 1 minute? (Weight_____) Reps_____

7. How long does it take to do half of a mile on the bike? (Resistance_____, Time_____)



8. How many Shoulder Presses can you complete in 1 minute? (Weight_____) Reps_____

9. How many Tricep Kick Backs can you complete in 1 minute? (Weight_____) Reps_____

10. How many Bicep Curls can you complete in 1 minute? (Weight_____) Reps_____

11. How long does it take to do half of a mile on the bike? (Resistance_____, Time_____)



12. How many Floor Sit Ups or Crunches can you complete in 1 minute? Reps_____

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_____