




# YPB Workout Stationary Bike and Dumbbells 19

## Full Body

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

1. Warm-up (bike for 3-7 minutes and 10 Squats, 10 Pushups, 10 Bench Dips, 10 Leg Lifts)
2. How long will it take you to burn 40 Calories on the bike at medium resistance? Resistance\_\_\_\_, Time\_\_\_\_
3. Complete the Mini-Circuit (Keep your timer running until the end of the mini-circuit which is 3 exercises)
  - a. Do 60 Side Stepping Squats, 30 Each Leg. (Weight\_\_\_\_) Don't record your time...move to the next segment.
  - b. Do 60 Single Dumbbell Rows, 30 Each Arm. (Weight\_\_\_\_) Don't record your time...move to the next segment
  - c. Do 60 Incline Dumbbell Presses. (Weight\_\_\_\_) Mark the total mini-circuit time. Time\_\_\_\_
4. How long will it take you to burn 40 Calories on the bike at medium resistance? Resistance\_\_\_\_, Time\_\_\_\_
5. Complete the Mini-Circuit (Keep your timer running until the end of the mini-circuit which is 3 exercises)
  - a. Do 60 palms facing you Shoulder Presses. (Weight\_\_\_\_) Don't record your time...move to the next segment.
  - b. Do 30 Bench Dips. (Weight\_\_\_\_) Don't record your time...move to the next segment.
  - c. Do 60 Wall Isolated Bicep Curls. (Weight\_\_\_\_) Mark the total mini-circuit time. Time\_\_\_\_
6. How long does it take you to burn 40 Calories on the Bike at medium resistance? Resistance\_\_\_\_ Time\_\_\_\_
7. Complete the Mini-Circuit (Keep your timer running until the end of the mini-circuit which is 3 exercises)
  - a. Do 60 Side Bends, 30 Each Side. (Weight\_\_\_\_) Don't record your time...move to the next segment.
  - b. Do 60 Crunches, 30 while holding a dumbbell. (Weight\_\_\_\_) Don't record your time...move to the next segment
  - c. Do 60 Leg Lifts, no weight, mark the total mini-circuit time. Time\_\_\_\_
8. 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)\_\_\_\_\_