

YPB Workout Treadmill 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? Time _____
9. How long will it take you to complete 1.5 miles at zero incline? 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)_____