

YPB Workout Stationary Bike and Dumbbells 11

Lower Body

Date: ____/____/____

1. Warm-up (3-8 minutes on the Bike and 20 Squats and 20 Lunges)
2. How long will it take you to complete 3 miles on the bike? Start at resistance level 1 upping your resistance level every 2 minutes. Resistance _____ Time _____
3. How long will it take you to complete 65 Dumbbell Stiff Leg Dead Lifts? Weight _____, Time _____
4. How long will it take you to complete 65 Dumbbell Plié Squats? Weight _____, Time _____
5. How long will it take you to complete 60 Dumbbell Split Squats (30 reps each leg)? Weight _____, Time _____
6. How long will it take you to complete 65 toe crunches? Time _____
7. Stretching
 - a. 1 Minute Side Lying Quad Stretch Right Leg
 - b. 1 Minute Side Lying Quad Stretch Left Leg
 - c. 1 Minute Side Lying Cross Body Hip Stretch. Repeat for 1 minute with the other side.
 - d. 1 Minute Lying on your back-hamstring Stretch. Repeat for 1 minute with the other leg.



Total Workout Time (Optional) _____ Total Calories Burned (Optional) _____