YPB Workout Treadmill and Dumbbells 25

Full Body

Date: ___/___/_____

1. Warm-up: (3-minute jog, 5 push-ups, 5 body weight squats, 5 sit-ups)

2. How long does it take to do a quarter mile run on the treadmill? (speed_____, Elevation_____, Time_____)
3. How many Full Squats with Dumbbells can you do in 1 minute? (Weight_____) Reps_____

4. How long does it take to do a quarter mile run on the treadmill? (speed_____, Elevation_____, 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 a quarter mile run on the treadmill? (speed_____, Elevation_____, 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 a quarter mile run on the treadmill? (speed_____, Elevation_____, 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 (optional)_____