




YPB Workout Elliptical and Dumbbells 31

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

1. Warm-up (3-7 minutes on the Elliptical and 10 Squats, 10 Pushups, 10 Bench Dips, 10 Leg Lifts)
2. How long will it take you to burn 40 Calories on the Elliptical? 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 does it take you to burn 40 Calories on the Elliptical? 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 Elliptical? 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) _____