

YPB Workout Stationary Bike and Dumbbells 21

Upper Body

Date: ____/____/____

1. Warm up (4-8 Minutes on the bike and 20 Pushups)
2. How long will it take you to burn 100 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 Bent over Dumbbell Rows. (Weight _____) Don't record your time...move to the next segment.
 - b. Do 60 Flat Position Dumbbell Chest Flys. (Weight _____) Don't record your time...move to the next segment.
 - c. Do 60 Dumbbell Front Shoulder Raises. (Weight _____) Mark the total mini-circuit time. Time _____
4. How long will it take you to burn 70 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 Triceps Behind the Head Drops (French Curls). (Weight _____) Don't record your time...move to the next segment.
 - b. Do 60 Reverse Palm Biceps Curls. (Weight _____) Don't record your time...move to the next segment.
 - c. Do 60 Dumbbell Russian Twists. (Weight _____) Mark the total mini-circuit time. Time _____
6. How long will 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 6 exercises)
 - a. Do 30 Bent over Dumbbell Rows. (Weight _____) Don't record your time...move to the next segment.
 - b. Do 30 Flat Position Dumbbell Chest Flys. (Weight _____) Don't record your time...move to the next segment.
 - c. Do 30 Dumbbell Front Shoulder Raises. (Weight _____) Don't record your time...move to the next segment.
 - d. Do 30 Triceps Behind the Head Drops (French Curls). (Weight _____) Don't record your time...move to the next segment.
 - e. Do 30 Reverse Palm Biceps Curls. (Weight _____) Don't record your time...move to the next segment.
 - f. Do 30 Dumbbell Russian Twists (Weight _____) Mark the total mini-circuit time. Time _____
8. Stretching
 - a. 1 Minute Lower Back stretch - pull legs into chest while on your back
 - b. Seated Wide Leg Reach Forward and touch toes 1 minute
 - c. Chest Stretch 1 Minute Each Arm
 - d. 1 minute Seated Butterfly Inner Thigh Stretch

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

