



*AskDoctorV.com Presents:*

## *Dr. V's Campaign for a New You in the New Year!*

### **Workout #1- Female: 5lbs to 10lbs. Overweight**

Goals: Tone and get into shape. Challenge yourself. No excuses!

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walk/jog on treadmill- 20 min.							
Bicep curls (12-20lb body bar) - 15 reps							
Stationary lunges (no weights) - 15 reps							
Triceps (Dips) - 15 reps							
Switch lunges or stationary w/hops - 15 to 20 times							
Push-ups (on floor)- 15 reps							
Core (ball crunches forward, side, combo) 25 of each							

Exercise routine developed by Certified Personal Trainer and Physical Fitness Expert, Ms. Deazie Gibson ([www.deazie.com](http://www.deazie.com))

**\*\*To stay in the fat burning stage keep your heart rate up so take only a 45 second to minute rest between exercises**

**\*\*As you get stronger decrease your rest time**



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