



AskDoctorV.com Presents:

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

Workout #2- Male: 5 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
Treadmill (walk 8 incline or jog 5 incline) - 20 min.							
Pull-ups (narrow grip) - 15 reps							
Push-ups (regular position) - 25 reps							
Jump rope (1min. fast) - 160 jumps							
Pull-ups (wide grip) - 15 reps							
Push-ups (Narrow position) - 25 reps							
Core (sit on floor w/knees into your chest and feet off the floor and tap medicine ball side to side, lay on back w/legs up in the air and reach ball toward your feet) - 30 reps							

Exercise routine developed by Certified Personal Trainer and Physical Fitness Expert, Ms. Deazie Gibson (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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