



*AskDoctorV.com Presents:*

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

**Workout #3- Female: 20 lbs. Overweight Issues: High Blood pressure, Diabetes, Heart disease**

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
Bike shoulder presses w/2 to 3lb weights - 20 to 30 min.							
Squats (sit on bench stand up fast as you can w/ ball over head) - 15 reps							
Step touch with weights and knees up - 20 times							
Shoulder press (yellow band) - 20 reps							
Punches w/ 3lb. weights - 50 reps							
Core (45 degree squat against wall, twist and tap 6 lb. medicine ball to wall)							

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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