



AskDoctorV.com Presents:

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

Workout #4- Male: 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
Elliptical (level 7 to 10) - 20 to 30 min							
Chest Presses w/ 20lb bar - 20 reps							
Push-ups (on floor) - 20 reps							
Triceps (Dips on machine or on bench) - 20 reps							
Squats w/weighted bar - 20 reps							
Core (crunches on the ball) - 50 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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