



AskDoctorV.com Presents:

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

Workout #5- Female or Male: At home exercises for all levels

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

****Key is to just get moving no matter what the exercise but try to keep moving**

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Jumping jacks / hula hoop, run up your stairs (if available) - 10 min.							
Sit and stand in chair as fast as you can - 20 reps							
Push-ups (floor, counter top or wall) - 12 reps							
Dips on chair or on floor (crab position) - 12 reps							
Mountain climbers (front, side and back kicks) 20 times							
Core (crunches w/knees up) - 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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