



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)

****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**



**AVIATOR SPORTS & RECREATION HANGAR 5, FLOYD BENNETT FIELD / BROOKLYN, NY 11234
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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)

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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)

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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)

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



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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)

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