

# The Doctor's Workout - Prescription for life

Name \_\_\_\_\_

Address \_\_\_\_\_ Date \_\_\_\_\_



## Exercise – Level 1

### *Warm up*

Marching in place  
Arm swings  
Modified Canoe twists  
Arm circles  
Modified Cat kicks

### *Workout*

#### Sequence 1

Butt kicks -walking  
Biceps curls- alternate arms - 1-3 #  
Modified Push ups  
The Bird Dog

#### Sequence 2

High knees- stepping  
Lateral Deltoid lift w/ bent arms  
Forward lunges- alt legs  
Modified Bicycle Crunches

#### Sequence 3

Step Jacks  
Shoulder press - 1-3 #- alt arms  
Chest press - 1-3 #  
Planks

#### Sequence 4

Skip Rope w/ bicep circles  
Partial squats w/ forward arm raises  
Dead lifts w/ hammer curls - 1-3 #  
Side planks

#### Sequence 5

Stepping Skaters  
Lateral shuffles  
Triceps kickbacks 1-3 # - alt arms  
Bridge exercise

### *Stretching*

### *(Cool down)*

Overhead hands interlocked  
Seated hamstring stretch  
Lying trunk twist- knees  
Side lying quad stretch  
Cobra up to elbows  
Butterfly  
Twisted (sitting) knee to chest  
Overhead triceps

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## Exercise – Level 2

### *Warm up*

Jogging in place  
Arm swings  
Canoe twists  
Arm circles  
Cat kicks

### *Workout*

#### Sequence 1

Butt kicks  
Biceps curls- both arms - 3-5 #  
Push-ups with static hold (5)  
Superman – alternating arm and leg

#### Sequence 2

Low Knees  
Standing Deltoid lift- straight arms  
Lunges - full  
Bicycle Crunches

#### Sequence 3

Scarecrow  
Shoulder press - 3-5 # both arms  
Chest press/fly combo - 3-5 #  
Planks

#### Sequence 4

Jump Rope w/ bicep circles  
Full squats w/ forward arm raises  
Dead lifts w/ hammer curls - 3-5 #  
Side planks

#### Sequence 5

Skaters w/ hop  
Modified Suicide drill  
Triceps kickbacks-both arms - 3-5 #  
Single Leg Bridge exercise

### *Stretching*

### *(Cool down)*

Overhead hands interlocked  
Seated hamstring stretch  
Lying trunk twist- knees  
Side lying quad stretch  
Cobra up to elbows  
Butterfly  
Twisted (sitting) knee to chest  
Overhead triceps

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## Exercise – Level 3

### *Warm up*

Jogging in place  
Arm swings  
Canoe twists  
Arm circles  
Cat kicks

### *Workout*

#### Sequence 1

Butt kicks  
Biceps curls- both arms - 5-8 #  
Full Push-ups  
Superman - both arms and legs

#### Sequence 2

High Knees  
Deltoid Lift w/ forward fly - 5-8 #  
Lunges - full w/ 5-8 #  
Bicycle Crunches

#### Sequence 3

Jumping Jacks  
Shoulder press - 5-8 # - both arms  
Chest press/fly combo - 5-8 #  
Planks - full

#### Sequence 4

Jump Rope w/ bicep circles  
Full squats w/ forward arm raises - 5-8 #  
Dead lifts w/ hammer curls - 5-8 #  
Side planks

#### Sequence 5

Speed Skaters – one leg up  
Suicide drill – floor touch  
Triceps kickbacks w/ arm rotation - 5-8 #  
Single Leg Bridge – alternating legs w/ hold

### *Stretching*

#### *(Cool down)*

Overhead hands interlocked  
Seated hamstring stretch  
Lying trunk twist- knees  
Side lying quad stretch  
Cobra up to elbows  
Butterfly  
Twisted (sitting) knee to chest  
Overhead triceps

MD Signature \_\_\_\_\_

