

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

MD Signature _____