

The Doctor's Workout - Prescription for life

Name _____

Address _____ Date _____



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

MD Signature _____