

The Doctor's Workout - Prescription for life

Name _____

Address _____ Date _____



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 _____

