

UNLEASH ALL THE PRO MEMBERSHIP BENEFITS AND GET THE BEST RESULTS!

TEAM
DR.

VENUS

MEMBERSHIP FEATURES

30-Day Doctor-Designed Workout Program

Basic Nutrition Plan

Complete 7-Day Meal Plan & Shopping List

Facebook Accountability Group

Live Group Video Chat with Dr. Venus (2 x/month)

Online Recipe and Workout Library

PRO

\$27
MONTH



BASIC

\$19
MONTH



APP FEATURES

Personal Fit Profile

Basic Exercise Plans

Basic Goal Setting

Track Activities and Burned Calories

Basic Exercise Plan Creator

Unlimited Goals and Progress Tracking

Full Workout Player and Creator

Add Your Own Activities

More Exercise Plans and Print Option

Advanced Nutrition System with Food Tracking

Full Privacy Options

