



## Dr. Venus' Sample Warm-Up

### Disclaimer:

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You should be in good physical condition and be able to participate in any exercise program.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Dr. Venus from any and all claims or causes of action, known or unknown, arising out of any negligence by Dr. Venus.

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**Warm-Up:** This is an important part of any workout. Get your body prepared to exercise with some movement similar to what you will be doing after the warm-up. For a 30-minute workout, it's a good idea to get at least 3 to 5 minutes of warm-up beforehand.

Sample warm-up:

- A) Start standing with arms straight down at your sides. Inhale through your nose as you slowly raise both arms up out to the sides until your hands are reaching up above your head. Then exhale through your mouth as you slowly return your arms down at your sides. REPEAT arms going up and down 3 times.
- B) Tilt head forward bring chin down toward chest, hold 5 seconds. Tilt head back pointing chin up, hold 5 seconds. Tilt head to right side, bringing right ear toward shoulder; hold 5 seconds. Tilt head to left side, bringing left ear toward shoulder; hold 5 seconds. Repeat, moving head in these 4 directions, 4 times. (Do not bend your neck to the point of pain; you just want a gentle stretch and some movement in each direction to warm the area up.)
- C) Arm Circles Forward: Stand. Keeping just a slight bend in elbows, circle right arm and left arm forward at the shoulder joint, alternating sides. 10 times each arm.



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- D) Arm Circles Backward: Stand. Keeping just a slight bend in elbows, circle right arm and left arm backward at the shoulder joint, alternating sides. 10 times each arm.
- E) Step Tap: alternating right and left, 20 times each side. Stand. Take a step to the right with right foot, then tap left foot on floor next to right foot. Step to the left with the left foot, then tap right foot on floor next to left foot. Continue to alternate from side to side.
- F) Step Kick: alternating right and left, 20 times each side. Start by standing with feet together. Take a step to the right with right foot, then kick left foot in front of you. Step to the left with the left foot, then kick right foot in front of you. Continue to alternate from side to side.
- G) Side Step Jacks: alternating to right and to left, 20 times each side. Start by standing with feet together. Take a step to the right with right foot, as you bring your arms (from down at your sides) out & then up above your head. Then return right foot and arms back to starting position. Step to the left with the left foot, as you bring your arms (from down at your sides) out & then up above your head. Then return left foot and arms back to starting position.
- H) Side Lunge, alternating to right and to left, 20 times each side.  
Start by standing with feet wide apart, toes pointing forward. Shift your weight over to the right leg as you push your hips backward and lower your body by dropping your hips and bending your right knee (keeping left knee straight, but not locked out). Maintain your torso in an erect position, keeping a neutral spine ("flat back") position. Shift your weight to the left leg by bending your left knee while straightening (but not locking out) your right knee. Continue to alternate shifting weight to right and to left.
- I) Step - Knee Up: alternating right and left, 20 times each side. Start by standing with feet together. Take a small step to the right with right foot, then lift left knee high (about to the level of your hips). Step left foot down on floor, then lift right knee high (about to the level of your hips).. Continue to alternate from side to side.
- J) Step – Heel Back: alternating right and left, 20 times each side.  
Start by standing with feet together. Take a small step to the right with right foot, then lift left heel high behind you (so that it nearly touches your buttocks). Step left foot down on floor, then lift right heel high behind you (so that it nearly touches your buttocks). Continue to alternate from side to side.