



## Dr. Venus' Workout Program

### Disclaimer:

Dr. Venus recommends that you consult with your own physician before beginning any new exercise program. Reading or using this program for yourself does not constitute a doctor-patient relationship involving Dr. Venus.

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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### **INTRODUCTION:**

I designed this workout plan for someone just getting started with a fitness program. As such, the first week of the program starts at a beginner's pace. Day 1, Day 2, and Day 3 of this week's workout plan is best performed with at least 1 day of recovery between each workout day. A sample schedule: Day 1 on Monday, Day 2 on Wednesday, and Day 3 on Friday.

Week 2 brings an additional workout day to the week. A sample schedule: Day 4 and 5 on Monday and Tuesday, with day 6 on Thursday and day 7 on Friday.

-Dr. Venus

**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



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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.
- 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.



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### **DR. VENUS' WORKOUT PLAN:**

#### **WEEK 1, Workout Day 1:**

A) Air Squats, 1 set of 8-10 repetitions [Maintain a flat back, i.e. do not arch your back. Stand with feet about hip-width apart, with toes pointed forward. Keep knees moving in a line toward (but not past) your toes, not flaring out to the side or caving in toward midline.] Lower your buttocks toward the ground until your knees bend to about a 90 degree angle. (If pain prevents you from going down that low, then only lower to a point that is not painful.) Return to start position. Rest 30 to 60 seconds after completing 1 set.

B) High Knees, for 30 seconds. Jog in place. (As right foot comes down, bring left knee high; then as left foot comes down bringing right knee high. Continue to alternate feet.)

C) Forward Lunge, 1 set of 8-10 repetitions on right leg, then 8-10 repetitions on left leg. Then rest 30 to 60 seconds. (Stand with feet about hip-width apart. Step your right foot forward, allowing your right hip and both knees to flex, lowering your body. Ball of the left remains on the ground as you descend to the point that back knee nearly touches the ground. Right knee should bend to about 90 degrees, and that knee should not go forward past your toe. If pain prevents you from going down that low, then only lower to a point that is not painful. Return to start position.)

D) Butt-Kickers, 30 seconds. Jog in place; bringing your heels high behind you (nearly coming in contact with your buttocks). Continue to alternate feet.

REPEAT [A] through [D] 2 more times.

E) Push-Ups (Modified on knees, if needed), 4 to 5 repetitions.

F) Ab crunches, 10 repetitions. Start laying on back with feet flat on the ground and knees bent; both hands placed behind head, elbows bent. "Crunch" up by lifting shoulder blades off the ground. Avoid flexing neck forward, so try to to maintain the shoulder blades, neck, and head moving as "one unit." Pause a moment at the top of the movement, then return to start position.

G) Plank on hands for 20-30 seconds. Position yourself as if you are going to do a full push-up with hands directly below shoulders, elbows straight but not locked out, feet about shoulder width apart. Your body should form a straight line from your head & shoulders to your ankles. (If doing plank on forearms, then elbows should be positioned directly below shoulders.)

H) Reverse crunches, 10 repetitions. Lay flat on back with arms laying at your sides, knees bent, & feet about 6 inches off the floor. Bring knees up toward your chest, then return to start position.

REPEAT [E] through [H] 2 more times.



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I) Mountain Climbers, 30 seconds.

Assume a full push-up position so your hands are directly under your shoulders with straight (but not locked out) elbows. Your body should form a straight line from your head & shoulders to your ankles. Lift your right foot off the floor and slowly raise your knee as close to your chest as you can. Return to the starting position and repeat with your left leg. Continue alternating feet quickly.

J) Bird Dog, alternating right side and left side, 10 times each side.

Get down on your hands and knees on an exercise mat positioning your knees underneath your hips and your wrists directly below your shoulders. Your fingers should be pointing forward.

Tighten your core/abs. Keep your spine in a neutral position. Lift right arm in front of you as left leg lifts straight behind you until both that arm and leg are parallel to the floor. Return to start position and repeat using the left arm and right leg.

K) Superman, 10 times.

Lay flat on your stomach and extend both of your arms out in front of you. Keep your elbows slightly bent with your palms are facing the floor. Lift arms and legs off floor at the same time, hold that position for about 2 seconds, then return to start position.

REPEAT [I] through [K] 2 more times

### **Week 1, Workout Day 2:**

A) Punch: Stand with right leg forward and the left leg back. Alternate punching right fist forward and punching left fist forward. 15 times each arm.

B) Punch: Stand with left leg forward and the right leg back. Alternate punching right fist forward and punching left fist forward. 15 times each arm.

REST 10-15 seconds.

C) Power Skip: 15 times each side. Step with the left foot, then hop and land on the left leg followed by the same action with the opposite leg. When the right leg is forward, the left arm swings forward and the right arm is to the rear. When the left leg is forward, the right arm swings forward and the left arm is to the rear.

REST 10-15 seconds.

D) Upper Cut: Stand with right leg forward and the left leg back. Alternate punching right fist up toward the left and punching right fist up toward the right. 15 times each arm.

E) Upper Cut: Stand with left leg forward and the right leg back. Alternate punching right fist forward and punching left fist forward. 15 times each arm.

REST 10-15 seconds.



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- F) Power Skip: 15 times each side
- G) March: 10 times each side. March in place, stepping with right foot and bringing left knee high, then stepping with left foot and bringing right knee high. Continue to alternate feet.
- H) Heels Back: 10 times each side. Walk in place, stepping with right foot and bringing left heel back, then stepping with left foot and bringing right heel back. Continue to alternate feet.

REPEAT [G] to [H] 2 more times.

- I) Single leg calf raise, 12-15 times on one leg. 15 times on the other leg. (Stand on one foot. Place a hand on a sturdy support, like a wall or chairback, for balance. Lift the other foot toward the back by bending that knee. Lift the heel of the supporting leg off the ground by pushing up on the ball of that foot. Then return to start position.)
- J) Low Side to Side Lunge. 12-15 times to each side.  
Stand 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). Lean forward, keeping a neutral spine ("flat back") position. Stay in the low position while shifting your weight to the left leg by bending your left knee and straightening (but not locking out) your right knee. Continue to alternate shifting weight to right and to left.
- K) Standing Calf Raise, 12-15 times.  
(Stand on both feet. Lift your heels off the ground by pushing up on the balls of your feet. Then return to start position. TIP: If you have any difficulty keeping your balance, it's ok to have one hand against a wall or holding onto a sturdy chairback.)
- L) Low Side to Side Lunge. 12-15 times to each side.

REPEAT [I] through [L] 2 more times.

Then REPEAT this entire workout 1 more time.

### **Week 1, Workout Day 3:**

- A) Air Squats, 1 set of 8-10 repetitions. Rest 30 to 60 seconds
- B) High Knees, for 30 seconds.



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C) Reverse Lunge, 1 set of 8-10 repetitions on right leg, then 8-10 repetitions on left leg. Rest 30 to 60 seconds. (Stand with feet about shoulder-width apart. Take a step to the back with right foot, allowing your left hip and both knees to flex, lowering your body. Ball of the right foot remains on the ground as you descend to the point that the right knee nearly touches the ground. Left knee should bend to about 90 degrees, and that knee should not go forward past your toe. If pain prevents you from going down that low, then only lower to a point that is not painful. Return to start position.)

D) Butt-Kickers, 30 seconds.

REPEAT [A] through [D] 2 more times.

E) Push-Ups (Modified, if needed), 4 to 5 repetitions.

F) Ab crunches, 10 repetitions.

G) Plank (on hands or on forearms) for 20-30 seconds.

H) Lying leg raise, 10 repetitions.

REPEAT [E] through [H] 2 more times.

I) Mountain Climbers, 30 seconds.

J) Bird Dog, alternating right side and left side, 10 times each side.

K) Superman, 10 times

REPEAT [I] through [J] 2 more times

### **Week 2, Workout Day 4:**

A) Punch: Stand with right leg forward and the left leg back. Alternate punching right fist forward and punching left fist forward. 15 times each arm.

B) Punch: Stand with left leg forward and the right leg back. Alternate punching right fist forward and punching left fist forward. 15 times each arm.

REST 10-15 seconds.

C) Shuffle Touch: Shuffle to the side 3 times, then touch the floor; shuffle to the other side 3 times, then touch the floor. 10 times to each side. (Start by stepping to right with right foot, quickly bringing left foot next to right. As left foot comes down on floor, take another step to right with right foot. Continue to "shuffle" to right the designated number



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of times. Squat down to touch the floor with one hand, keeping a neutral spine ["flat back"]. Then repeat the shuffle movement to the left side.)

REST 10-15 seconds.

- D) Upper Cut: Stand with right leg forward and the left leg back. Alternate punching right fist up toward the left and punching right fist up toward the right. 15 times each arm.
- E) Upper Cut: Stand with left leg forward and the right leg back. Alternate punching right fist forward and punching left fist forward. 15 times each arm.

REST 10-15 seconds.

- F) Shuffle Touch: Shuffle to the side 3 times, then touch the floor; shuffle to the other side 3 times, then touch the floor. 10 times to each side
- G) March: 10 times each side.
- H) Heels Back: 10 times each side

REPEAT [G] to [H] 2 more times.

- I) Single leg calf raise, 12-15 times on one leg. 15 times on the other leg.
- J) Low Side to Side Lunge. 12-15 times to each side.
- K) Push-up Wall, Narrow: 10 times. Stand in front of a wall. Place your feet next to each other. Keep your spine in neutral position ("flat back"). Place hands flat against the wall, shoulder width apart. Bend your elbows, bring elbows close to your sides; then straighten elbows (but don't lock them out). Repeat exercise by bending elbows.
- L) Low Side to Side Lunge. 12-15 times to each side.

REPEAT [I] through [L] 2 more times.

Then REPEAT this entire workout 1 more time.

### **Week 2, Workout Day 5:**

A) Sumo Squats, 1 set of 8-10 repetitions [Maintain a flat back, i.e. do not arch your back. Feet wide apart, with toes pointed out at about a 45 degree angle. Keep knees moving in a line toward (but not past) your toes, not flaring out to the side or caving in toward midline.] Lower your buttocks toward the ground until your knees bend to about a 90 degree angle. (If pain prevents you from going down that low, then only lower to a point that is not painful.) Return to start position. Rest 30 to 60 seconds after completing 1 set.



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B) High Knees, 30 seconds.

C) Forward Lunge, 1 set of 8-10 repetitions on right leg, then 8-10 repetitions on left leg. Rest 30 to 60 seconds.

D) Butt-Kickers, 30 seconds.

REPEAT [A] through [D] 2 more times.

E) Push-Ups (Modified on knees, if needed), 4 to 5 repetitions.

F) Ab crunches, 10 repetitions.

G) Plank (on hands or on forearms) for 20-30 seconds.

H) Flutter Kick, 30 seconds.

Start by lying flat on your back on a mat with your arms by your sides and your palms down. Extend your legs straight out with a slight bend in your knees. Lift your heels about 6 inches off the floor. Alternate lifting left then right foot using a rapid "scissor-like" movement.

REPEAT [E] through [H] 2 more times.

I) Mountain Climbers, 30 seconds.

J) Bird Dog, alternating right side and left side, 10 times each side.

K) Dead Bug, 10 times each side. Lay your back on floor mat. Lift feet off floor bringing hips and knees to 90 degree angles. Extend arms straight in front of you (slight bend in elbows). Keep core/abs tight. Lower right arm toward floor (near your head) maintaining your slightly bent elbow position, as you lower your left leg toward the floor (straightening your knee, with left foot nearly touching the floor). Bring right arm and left leg back to start position and repeat exercise on other side.

REPEAT [I] through [K] 2 more times

### **Week 3, Workout Day 6**

A) Punch: Stand with right leg forward and the left leg back. Alternate punching right fist forward and punching left fist forward. 15 times each arm.

B) Punch: Stand with left leg forward and the right leg back. Alternate punching right fist forward and punching left fist forward. 15 times each arm.

REST 10-15 seconds.

C) High Knees: 30 seconds.





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REST 10-15 seconds.

- D) Upper Cut: Stand with right leg forward and the left leg back. Alternate punching right fist up toward the left and punching right fist up toward the right. 15 times each arm.
- E) Upper Cut: Stand with left leg forward and the right leg back. Alternate punching right fist forward and punching left fist forward. 15 times each arm.

REST 10-15 seconds.

- F) High Knees: 30 seconds.
- G) March: 10 times each side.
- H) Heels Back: 10 times each side

REPEAT [G] to [H] 2 more times.

- I) Single leg calf raise (no dumbbells), 12-15 times on one leg. 12-15 times on the other leg.
- J) Low Side to Side Lunge. 12-15 times to each side.
- K) Standing calf Raise, 12-15 times.
- L) Low Side to Side Lunge. 12-15 times to each side.

REPEAT [I] through [L] 2 more times.

Then REPEAT this entire workout 1 more time.

### **Week 2, Workout Day 7:**

A) Sumo Squats, 1 set of 10 repetitions. Rest 30 to 60 seconds

B) High Knees, 30 seconds.

C) Forward Lunge, 1 set of 8-10 repetitions on right leg, then 8-10 repetitions on left leg. Rest 30 to 60 seconds.

D) Butt-Kickers, 30 seconds.

REPEAT [A] through [D] 2 more times.

E) Push-Ups (Modified, if needed), 4 to 5 repetitions.

F) Ab crunches, 10 repetitions.



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G) Plank (on hands or on forearms) for 20-30 seconds.

H) Flutter Kick, 30 seconds.

REPEAT [E] through [H] 2 more times.

I) Mountain Climbers, 30 seconds.

J) Bird Dog, alternating right side and left side, 10 times each side.

K) Dead Bug, 10 times each side.

REPEAT [I] through [K] 2 more times.