

# THE VENUS FACTOR FINAL PHASE

A woman with long brown hair, wearing a black sports bra, stands with her hands on her hips and looks down at her midsection. The background is a solid yellow color.

**12-week Advanced Fat Loss  
& Muscle Toning System**

**BY: JOHN BARBAN**

# Table of Contents

Introduction.....	4
Carbohydrates.....	5
Gluten.....	7
Proteins.....	9
Fats.....	11
Alcohol.....	12
Eat Up Days.....	13
Overeating and the Bookend Technique.....	14
Venus Factor Final Phase 12-Week Program.....	15
Week 1: Day 1.....	23
Week 1: Day 2.....	24
Week 1: Day 3.....	25
Week 2: Day 1.....	26
Week 2: Day 2.....	27
Week 2: Day 3.....	28
Week 3: Day 1.....	29
Week 3: Day 2.....	30
Week 3: Day 3.....	31
Week 4: Day 1.....	32
Week 4: Day 2.....	34
Week 4: Day 3.....	36

# Table of Contents

Week 5: Day 1.....	38
Week 5: Day 2.....	40
Week 5: Day 3.....	42
Week 6: Day 1.....	44
Week 6: Day 2.....	46
Week 6: Day 3.....	48
Week 7: Day 1.....	50
Week 7: Day 2.....	52
Week 7: Day 3.....	54
Week 8: Day 1.....	56
Week 8: Day 2.....	58
Week 8: Day 3.....	60
Week 9: Day 1.....	62
Week 9: Day 2.....	65
Week 9: Day 3.....	68
Week 10: Day 1.....	71
Week 10: Day 2.....	74
Week 10: Day 3.....	77
Week 11: Day 1.....	80
Week 11: Day 2.....	83
Week 11: Day 3.....	86
Week 12: Day 1.....	89
Week 12: Day 2.....	91
Week 12: Day 3.....	93

# **Venus Factor Final Phase 12 Week Program**

**Cycle 1 – Weeks 1-3: Intermittent Super Sets, week 4: Fibonacci Pyramids**

**Cycle 2 – Weeks 5-7: X-sets, week 8: Fibonacci Pyramid**

**Cycle 3 – Weeks 9-11: Progressive Venus Pyramids, week 12: Fibonacci Pyramid**

Each cycle is designed to improve cardiovascular conditioning, strength conditioning and strength endurance.

As with all Venus Factor programs the specific exercise selection will optimize your shoulder waist and hip measurements to get you closer to your ideal Venus Factor Ratio numbers as fast as possible.

# Week 1

## Intermittent Supersets

### Week 1 Day 3

Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Curl & Press	3	13	60
Super Set	Standing Dumbbell Curls + Push Up	3	8 + 10	60
Regular	Reverse Lunge	3	13	60
Superset	Bowler Squat + Stiff Leg Deadlift	3	8 + 8	60
Regular	Squat & Front Raise	3	13	60
Superset	Bent Lateral Raise + Pullovers	3	8 + 10	60
Regular	One Arm Dumbbell Row	3	10	60
Super Set	Stability Ball Curl Up + Stability Ball Roll Out	3	13 + 13	60

FINAL PHASE WORKOUT

Venus Factor

PREVIEW

# Week 4, Day 3

## Fibonacci Pyramid Sets

Set 4: Bent Barbell Row				Set 5: Overhead Tricep Extension				Set 6: Standing Dumbbell Curl			
Weight	Sets	Reps		Weight	Sets	Reps		Weight	Sets	Reps	
Light	1	21		Light	1	21		Light	1	21	
Rest 30 Seconds				Rest 30 Seconds				Rest 30 Seconds			
Moderate	1	13		Moderate	1	13		Moderate	1	13	
Rest 45 Seconds				Rest 45 Seconds				Rest 45 Seconds			
Heavy	1	8		Heavy	1	8		Heavy	1	8	
Rest 60 Seconds				Rest 60 Seconds				Rest 60 Seconds			
Heaviest	1	5		Heaviest	1	5		Heaviest	1	5	
Rest 60 Seconds				Rest 60 Seconds				Rest 60 Seconds			
Heavy	1	8		Heavy	1	8		Heavy	1	8	
Rest 45 Seconds				Rest 45 Seconds				Rest 45 Seconds			
Moderate	1	13		Moderate	1	13		Moderate	1	13	
Rest 30 Seconds				Rest 30 Seconds				Rest 30 Seconds			
Light	1	21		Light	1	21		Light	1	21	

Venus Factor

FINAL PHASE WORKOUT

**DOWNLOAD THE FULL VERSION OF**  
**THE VENUS FACTOR**



***CLICK HERE NOW***

**+ FREE DOWNLOAD**

- 1) **Download The Main Book Free PDF [CLICK HERE](#)**
- 2) **‘The Venus Factor Workout. 12-Week Fat Burning and Muscle Toning Workout’ (38 pages PDF e-book) Download FREE PDF [CLICK HERE](#)**
- 3) **‘The Venus Factor Fat loss Cookbook. Over 100 Delicious Recipes’ (155 pages PDF e-book) Download FREE PDF [CLICK HERE](#)**
- 4) **‘The Venus Factor Final Phase. 12-week Advanced Fat Loss & Muscle Toning System’ (94 pages PDF e-book) Download FREE PDF [CLICK HERE](#)**
- 5) **‘The Venus Factor 12-Week Meal Plan. Recipe Guide’ Download FREE PDF [CLICK HERE](#)**