



# THE VENUS FACTOR WORKOUT

**12-Week Fat Burning  
and Muscle Toning Workout**

**BY: JOHN BARBAN**

# Table of Contents

# Venus Factor

WORKOUT MANUAL

|               |                |
|---------------|----------------|
| Week 1: Day 1 | Week 7: Day 1  |
| Week 1: Day 2 | Week 7: Day 2  |
| Week 1: Day 3 | Week 7: Day 3  |
| Week 2: Day 1 | Week 8: Day 1  |
| Week 2: Day 2 | Week 8: Day 2  |
| Week 2: Day 3 | Week 8: Day 3  |
| Week 3: Day 1 | Week 9: Day 1  |
| Week 3: Day 2 | Week 9: Day 2  |
| Week 3: Day 3 | Week 9: Day 3  |
| Week 4: Day 1 | Week 10: Day 1 |
| Week 4: Day 2 | Week 10: Day 2 |
| Week 4: Day 3 | Week 10: Day 3 |
| Week 5: Day 1 | Week 11: Day 1 |
| Week 5: Day 2 | Week 11: Day 2 |
| Week 5: Day 3 | Week 11: Day 3 |
| Week 6: Day 1 | Week 12: Day 1 |
| Week 6: Day 2 | Week 12: Day 2 |
| Week 6: Day 3 | Week 12: Day 3 |

# Venus Factor

## Week 1

### Week 1 Day 3

| Exercise                | Sets | Reps                | Rest (Secs) |
|-------------------------|------|---------------------|-------------|
| T-bend                  | 3    | 10                  | 60          |
| Dips                    | 3    | 10                  | 60          |
| Curtsy Lunge            | 3    | 10                  | 60          |
| Step Up and Press       | 3    | 10                  | 60          |
| Double Raise            | 3    | 10                  | 60          |
| Stiff Leg Deadlift      | 3    | 10                  | 60          |
| Side Plank              | 3    | 30 seconds per side | 60          |
| Dumbbell Row & Kickback | 3    | 10                  | 60          |
| Dumbbell Squat          | 3    | 10                  | 60          |

**Notes:**

PREVIEW

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**THE VENUS FACTOR**



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