

THE VENUS FACTOR FOCUSED SHAPE

A woman with blonde hair, wearing a red sports bra and red shorts, is flexing her right bicep. She is smiling and looking towards the camera. The background is a sunset over water with trees in the distance.

Back and Biceps

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Venus Factor

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Instructions

This program focuses on maintaining muscle and strength in the entire body, while adding lots of volume to the back and biceps for focused shape. You should still train hard on all the movements (A and B exercises) but expect to be going VERY HARD and reaching failure on the focused shape parts of the workouts. Ensure that on your off days you recover properly so that you can train again on the next workout.

A1, A2, etc... denote alternating between exercises with the same letter (while still respecting the indicated rest period).

With all the focused shape exercises in this program you should stay a rep or two away from failure until the end of the exercises. For instance if you hit failure in the first or second set of the density block, it will be really hard to continue with a reasonable weight minding rest periods. On the last set (or 2) you should aim to hit failure for the rep range. Make sure you are really pushing yourself.

Density Block - perform as many sets as you can for the given rep ranges in the indicated time. Rest as needed between sets but the goal is to keep it minimal. Expect to use lighter weights as time goes on and really focus working the muscle not just moving the weight. Match week 1 rounds in week 4 but now you have more reps.

Timed Sets - don't count reps, count seconds. Use the indicated tempo and aim to never lose tension in the muscle. This should burn! Try to use the same weights in week 3 as week two but go 10s longer. Tempo - the first number is the down phase (eccentric), the second number is the pause at the bottom, the third is the up phase (concentric) and the last is the pause at the top before the next rep.

5 Second Eccentrics - the lowering portion of the exercise is done for 5 seconds. This should really limit the weight you can do and you should feel a tremendous burn. Use 1 second on the concentric (lifting) phase.

All single arm or leg exercises the reps are per side.

FOCUSED SHAPE

Venus Factor

Week 1

Day 1

	Exercise	Sets x Reps	Rest (Secs)
A1	Bent Barbell Row	4x10	60
A2	Goblet Squat	21-18-21-18	60
High-Low Superset			
B1	Alternate Standing Shoulder Press	21-18-21-18	30-60
B2	T-Bend	21-18-21-18	30-60
Focused Shape			
Density Block 15 mins			
C1	One Arm Dumbbell Row Wide	12	minimal
C2	Pullover	12	minimal
C3	Concentration Curl	12	minimal

Notes:

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Week 1

Day 2

	Exercise	Sets x Reps	Rest (Secs)
A1	One Arm Dumbbell Row	4x14	60
A2	Step Up	12-10-12-10	30-60
	High-Low Superset		
B1	One Arm Dumbbell Press	12-10-12-10	30-60
B2	Deadlift	12-10-12-10	30-60
	Focused Shape		
	Density Block 15 mins		
C1	Bent Barbell Row	8	minimal
C2	Upright Dumbbell Row	8	minimal
C3	Seated Curl	8	minimal

Notes:

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Week 1

Day 3

	Exercise	Sets x Reps	Rest (Secs)
A1	Bent Dumbbell Row	4x12	60
A2	Barbell Squat	15-12-15-12	30-60
	High-Low Superset		
B1	Push Up and Point	15-12-15-12	30-60
B2	Stiff Leg Deadlift	15-12-15-12	30-60
	Focused Shape		
	Density Block 15 mins		
C1	Unassisted Dumbbell Row	10	minimal
C2	One Arm Dumbbell Row	10	minimal
C3	Standing Dumbbell Curl	10	minimal

Notes:

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Week 2

Day 1

	Exercise	Sets x Reps	Rest (Secs)
A1	Bent Barbell Row	10-10-9-9	60
A2	Goblet Squat	18-15-18-15	60
High-Low Superset			
B1	Alternate Standing Shoulder Press	18-15-18-15	30-60
B2	T-Bend	18-15-18-15	30-60
Focused Shape			
Timed Sets - 2-0-2-0 Tempo			
C	Unassisted Dumbbell Row	4x60sec	60
D1	Bent Lateral Raise	4x60sec	60
D2	Triple Curl	4x60sec	60

Notes:

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Week 2

Day 2

	Exercise	Sets x Reps	Rest (Secs)
A1	One Arm Dumbbell Row	14-14-13-13	60
A2	Step Up	10-8-10-8	60
	High-Low Superset		
B1	One Arm Dumbbell Press	10-8-10-8	60
B2	Deadlift	10-8-10-8	60
	Focused Shape		
	Timed Sets - 2-0-2-0 Tempo		
C	Bent Dumbbell Row	4x75sec	60
D1	One Arm Dumbbell Row Wide	4x75sec	60
D2	Standing Dumbbell Curl	4x75sec	60

Notes:

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Week 2

Day 3

	Exercise	Sets x Reps	Rest (Secs)
A1	Bent Dumbbell Row	12-12-11-11	60
A2	Barbell Squat	12-10-12-10	30-60
High-Low Superset			
B1	Push Up and Point	12-10-12-10	30-60
B2	Stiff Leg Deadlift	12-10-12-10	30-60
Focused Shape			
Timed Sets - 2-0-2-0 Tempo			
C	Bent Barbell Row	4x45sec	60
D1	Pullover	4x45sec	60
D2	Concentration Curl	4x45sec	60

Notes:

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Week 3

Day 1

	Exercise	Sets x Reps	Rest (Secs)
A1	Bent Barbell Row	9-9-8-8	60
A2	Reverse Lunge (Dumbbells)	21-18-21-18	60
	High-Low Superset		
B1	Pushup	21-18-21-18	30-60
B2	Offset Stiff Leg Deadlift	21-18-21-18	30-60
	Focused Shape		
	5s Eccentrics		
C	Unassisted Dumbbell Row	4x8	60
D	Bent Lateral Raise	4x8	60
E	Triple Curl	4x8	60

Notes:

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Week 3

Day 2

	Exercise	Sets x Reps	Rest (Secs)
A1	One Arm Dumbbell Row	13-13-12-12	60
A2	One and a Quarter Goblet Squat	12-10-12-10	30-60
	High-Low Superset		
B1	One Arm Shoulder Press	12-10-12-10	30-60
B2	Single Leg Hip Thrust	12-10-12-10	30-60
	Focused Shape		
	5s Eccentrics		
C	Bent Dumbbell Row	4x10	60
D	One Arm Dumbbell Row Wide	4x10	60
E	Standing Dumbbell Curl	4x10	60

Notes:

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Week 3

Day 3

	Exercise	Sets x Reps	Rest (Secs)
A1	Bent Dumbbell Row	11-11-10-10	60
A2	Bulgarian Split Squat	15-12-15-12	30-60
	High-Low Superset		
B1	Incline Dumbbell Press	15-12-15-12	30-60
B2	Dumbbell Hip Thrust	15-12-15-12	30-60
	Focused Shape		
	5s Eccentrics		
C	Bent Barbell Row	4x12	60
D	Pullover	4x12	60
E	Concentration Curl	4x12	60

Notes:

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Week 4

Day 1

	Exercise	Sets x Reps	Rest (Secs)
A1	Bent Barbell Row	4x8	60
A2	Reverse Lunge (Dumbbells)	18-15-18-15	60
	High-Low Superset		
B1	Pushup	18-15-18-15	30-60
B2	Offset Stiff Leg Deadlift	18-15-18-15	30-60
	Focused Shape		
	Density Block 15 mins		
C1	One Arm Dumbbell Row Wide	15	minimal
C2	Pullover	15	minimal
C3	Concentration Curl	15	minimal

Notes:

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Week 4

Day 2

	Exercise	Sets x Reps	Rest (Secs)
A1	One Arm Dumbbell Row	4x12	60
A2	One and a Quarter Goblet Squat	10-8-10-8	60
	High-Low Superset		
B1	One Arm Shoulder Press	10-8-10-8	60
B2	Single Leg Hip Thrust	10-8-10-8	60
	Focused Shape		
	Density Block 15 mins		
C1	Bent Barbell Row	10	minimal
C2	Upright Dumbbell Row	10	minimal
C3	Seated Curl	10	minimal

Notes:

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Week 4

Day 3

	Exercise	Sets x Reps	Rest (Secs)
A1	Bent Dumbbell Row	4x10	60
A2	Bulgarian Split Squat	12-10-12-10	30-60
High-Low Superset			
B1	Incline Dumbbell Press	12-10-12-10	30-60
B2	Dumbbell Hip Thrust	12-10-12-10	30-60
Focused Shape			
Density Block 15 mins			
C1	Unassisted Dumbbell Row	12	minimal
C2	One Arm Dumbbell Row	12	minimal
C3	Standing Dumbbell Curl	12	minimal

Notes: