



THE VENUS FACTOR WORKOUT

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

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Venus Factor

Table of Contents

Week 1: Day 1.....	3	Week 7: Day 1.....	21
Week 1: Day 2.....	4	Week 7: Day 2.....	22
Week 1: Day 3.....	5	Week 7: Day 3.....	23
Week 2: Day 1.....	6	Week 8: Day 1.....	24
Week 2: Day 2.....	7	Week 8: Day 2.....	25
Week 2: Day 3.....	8	Week 8: Day 3.....	26
Week 3: Day 1.....	9	Week 9: Day 1.....	27
Week 3: Day 2.....	10	Week 9: Day 2.....	28
Week 3: Day 3.....	11	Week 9: Day 3.....	29
Week 4: Day 1.....	12	Week 10: Day 1.....	30
Week 4: Day 2.....	13	Week 10: Day 2.....	31
Week 4: Day 3.....	14	Week 10: Day 3.....	32
Week 5: Day 1.....	15	Week 11: Day 1.....	33
Week 5: Day 2.....	16	Week 11: Day 2.....	34
Week 5: Day 3.....	17	Week 11: Day 3.....	35
Week 6: Day 1.....	18	Week 12: Day 1.....	36
Week 6: Day 2.....	19	Week 12: Day 2.....	37
Week 6: Day 3.....	20	Week 12: Day 3.....	38

Venus Factor

Week 1

Week 1 Day 1

Exercise	Sets	Reps	Rest (Secs)
Push Ups	3	10	60
Curtsy Lunge	3	10	60
Step Up and Press	3	10	60
Dips	3	10	60
Bowler Squat	3	10	60
Plank	3	60 seconds	60
One Arm Dumbbell Row	3	10	60
T-Bend	3	10	60
Squat and Lateral Raise	3	10	60

Notes:

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Week 1

Week 1 Day 2

Exercise	Sets	Reps	Rest (Secs)
Curtsy Lunge	3	10	60
Step Up and Press	3	10	60
Double Raise	3	10	60
T-Bend	3	10	60
Squat and Lateral Raise	3	10	60
One Arm Dumbbell Row	3	10	60
Dumbbell Squat	3	10	60
Side Plank	3	30 seconds per side	60
Dips	3	10	60

Notes:

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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:

Venus Factor

Week 2

Week 2 Day 1

Exercise	Sets	Reps	Rest (Secs)
Push Ups	1	10	60
Bent Dumbbell Row	1	10	60
Upright Dumbbell Row	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Reverse Lunge	1	10	60
Stiff Leg Deadlift	1	10	60
Bulgarian Split Squat	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Plank	1	60 seconds	60
Stability Ball Roll Out	1	10	60
Squat and Press	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Venus Factor

Week 2

Week 2 Day 2

Exercise	Sets	Reps	Rest (Secs)
Dumbbell Squat	1	10	60
Reverse Lunge	1	10	60
Stiff Leg Deadlift	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Step Up and Press	1	10	60
Plank	1	60 Seconds	60
Stability Ball Rollouts	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Curl & Press	1	10	60
Push Ups	1	10	60
Bent Dumbbell Row	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Venus Factor

Week 2

Week 2 Day 3

Exercise	Sets	Reps	Rest (Secs)
T-Bend	1	10	60
Step Up and Press	1	10	60
Plank	1	60 seconds	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
One Arm Dumbbell Row	1	10	60
Curl and Press	1	10	60
Push Ups	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Curtsy Lunge	1	10	60
Dumbbell Squat	1	10	60
Reverse Lunge	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Venus Factor

Week 3

Week 3 Day 1

Exercise	Sets	Reps	Rest (Secs)
Push Ups	1	10	60
Bulgarian Split Squat	1	10	60
Stability Ball Curl Up	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Dumbbell Row & Kickback	1	10	60
Bowler Squat	1	10	60
Reverse Lunge and Press	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Curl and Press	1	10	60
T-Bend	1	10	60
Stability Ball Roll Out	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Week 3

Week 3 Day 2

Exercise	Sets	Reps	Rest (Secs)
T-Bend	1	10	60
Dumbbell Row & Kickback	1	10	60
Bulgarian Split Squat	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Reverse Lunge and Press	1	10	60
Dips	1	10	60
Stiff Leg Deadlift	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Stability Ball Curl Up	1	10	60
Curl and Press	1	10	60
Bowler Squat	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Week 3

Week 3 Day 3

Exercise	Sets	Reps	Rest (Secs)
Bowler Squat	1	10	60
Stability Ball Curl Up	1	10	60
Dips	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Stiff Leg Deadlift	1	10	60
Plank	1	10	60
Curl and Press	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
One-Leg Get Ups	1	10	60
T-bend	1	10	60
One Arm Dumbbell Row	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

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Week 4

Week 4 Day 1

Exercise	Sets	Reps	Rest (Secs)
Push Ups	1	10	60
Curtsy Lunge	1	10	60
Step Up and Press	1	10	60
Bent Dumbbell Row	1	10	60
Dumbbell Squat	1	10	60
Stability Ball Roll Out	1	10	60
Double Raise	1	10	60
Bulgarian Split Squat	1	10	60
Plank	1	60 seconds	60
Rest 60 seconds then repeat all 9 exercises as laid out above for two more rounds for a total of 3 rounds			

Notes:

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Week 4

Week 4 Day 2

Exercise	Sets	Reps	Rest (Secs)
Curtsy Lunge	1	10	60
Stability Ball Roll Out	1	10	60
Dips	1	10	60
Bulgarian Split Squat	1	10	60
Side Plank	1	30 seconds per side	60
Bent Dumbbell Row	1	10	60
Bowler Squat	1	10	60
Step Up and Press	1	10	60
Double Raise	1	10	60
Rest 60 seconds then repeat all 9 exercises as laid out above for two more rounds for a total of 3 rounds			

Notes:

Venus Factor

Week 4

Week 4 Day 3

Exercise	Sets	Reps	Rest (Secs)
Squat and Press	1	10	60
Dips	1	10	60
Curtsy Lunge	1	10	60
Side Plank	1	30 seconds per side	60
Double Raise	1	10	60
Bulgarian Split Squat	1	10	60
Stability Ball Roll Out	1	10	60
One Arm Dumbbell Press	1	10	60
Stiff Leg Deadlift	1	10	60
Rest 60 seconds then repeat all 9 exercises as laid out above for two more rounds for a total of 3 rounds			

Notes:

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Week 5

Week 5 Day 1

Exercise	Sets	Reps	Rest (Secs)
Push Ups	3	10	60
Curtsy Lunge	3	10	60
Step Up and Press	3	10	60
Dips	3	12	60
Bowler Squat	3	10	60
Plank	3	60 seconds	60
One Arm Dumbbell Row	3	10	60
T-Bend	3	10	60
Squat and Lateral Raise	3	10	60

Notes:

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Week 5

Week 5 Day 2

Exercise	Sets	Reps	Rest (Secs)
Curtsy Lunge	3	10	60
Step Up and Press	3	10	60
Double Raise	3	10	60
T-Bend	3	10	60
Squat and Lateral Raise	3	10	60
One Arm Dumbbell Row	3	10	60
Dumbbell Squat	3	10	60
Side Plank	3	30 seconds per side	60
Dips	3	12	60

Notes:

Venus Factor

Week 5

Week 5 Day 3

Exercise	Sets	Reps	Rest (Secs)
T-Bend	3	10	60
Dips	3	12	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:

Week 6

Week 6 Day 1

Exercise	Sets	Reps	Rest (Secs)
Push Ups	1	12	60
Bent Dumbbell Row	1	10	60
Upright Dumbbell Row	1	10	60
Rest 60 seconds then repeat above exercises for a total of 3 rounds			
Reverse Lunge	1	12	60
Stiff Leg Deadlift	1	10	60
Bulgarian Split Squat	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Plank	1	75 seconds	60
Stability Ball Roll Out	1	10	60
Squat and Press	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Week 6

Week 6 Day 2

Exercise	Sets	Reps	Rest (Secs)
Dumbbell Squat	1	12	60
Reverse Lunge	1	12	60
Stiff Leg Deadlift	1	10	60
Rest 60 seconds then repeat above exercises for a total of 3 rounds			
Step Up and Press	1	10	60
Plank	1	75 Seconds	60
Stability Ball Rollouts	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Curl & Press	1	10	60
Push Ups	1	12	60
Bent Dumbbell Row	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Week 6

Week 6 Day 3

Exercise	Sets	Reps	Rest (Secs)
T-Bend	1	10	60
Step Up and Press	1	10	60
Plank	1	75 seconds	60
Rest 60 seconds then repeat above exercises for a total of 3 rounds			
One Arm Dumbbell Row	1	10	60
Curl and Press	1	10	60
Push Ups	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Curtsey Lunge	1	10	60
Dumbbell Squat	1	12	60
Reverse Lunge	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Week 7

Week 7 Day 1

Exercise	Sets	Reps	Rest (Secs)
Push Ups	1	12	60
Bulgarian Split Squat	1	10	60
Stability Ball Curl Up	1	12	60
Rest 60 seconds then repeat above exercises for a total of 3 rounds			
Dumbbell Row & Kickback	1	10	60
Bowler Squat	1	12	60
Reverse Lunge and Press	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Curl and Press	1	12	60
T-Bend	1	10	60
Stability Ball Roll Out	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Venus Factor

Week 7

Week 7 Day 2

Exercise	Sets	Reps	Rest (Secs)
T-Bend	1	10	60
Dumbbell Row & Kickback	1	10	60
Bulgarian Split Squat	1	10	60
Rest 60 seconds then repeat above exercises for a total of 3 rounds			
Reverse Lunge and Press	1	10	60
Dips	1	12	60
Stiff Leg Deadlift	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Stability Ball Curl Up	1	12	60
Curl and Press	1	12	60
Bowler Squat	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Venus Factor

Week 7

Week 7 Day 3

Exercise	Sets	Reps	Rest (Secs)
Bowler Squat	1	12	60
Stability Ball Curl Up	1	12	60
Dips	1	12	60
Rest 60 seconds then repeat above exercises for a total of 3 rounds			
Stiff Leg Deadlift	1	10	60
Plank	1	75 Seconds	60
Curl and Press	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
One Arm Dumbbell Row	1	10	60
One-Leg Get Ups	1	10	60
T-Bend	1	10	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Venus Factor

Week 8

Week 8 Day 1

Exercise	Sets	Reps	Rest (Secs)
Push Ups	1	12	60
Curtsy Lunge	1	12	60
Step Up and Press	1	10	60
Bent Dumbbell Row	1	10	60
Dumbbell Squat	1	10	60
Stability Ball Roll Out	1	12	60
Double Raise	1	10	60
Bulgarian Split Squat	1	12	60
Plank	1	75 Seconds	60
Rest 60 seconds then repeat all 9 exercises as laid out above for two more rounds for a total of 3 rounds			

Notes:

Venus Factor

Week 8

Week 8 Day 2

Exercise	Sets	Reps	Rest (Secs)
Curtsy Lunge	1	12	60
Stability Ball Roll Out	1	12	60
Dips	1	12	60
Bulgarian Split Squat	1	12	60
Side Plank	1	45 seconds per side	60
Bent Dumbbell Row	1	10	60
Bowler Squat	1	12	60
Step Up and Press	1	10	60
Double Raise	1	10	60
Rest 60 seconds then repeat all 9 exercises as laid out above for two more rounds for a total of 3 rounds			

Notes:

Venus Factor

Week 8

Week 8 Day 3

Exercise	Sets	Reps	Rest (Secs)
Squat and Press	1	10	60
Dips	1	12	60
Curtsy Lunge	1	12	60
Side Plank	1	45 seconds per side	60
Double Raise	1	10	60
Bulgarian Split Squat	1	12	60
Stability Ball Roll Out	1	12	60
One Arm Dumbbell Press	1	10	60
Stiff Leg Deadlift	1	12	60
Rest 60 seconds then repeat all 9 exercises as laid out above for two more rounds for a total of 3 rounds			

Notes:

Venus Factor

Week 9

Week 9 Day 1

Exercise	Sets	Reps	Rest (Secs)
Push Ups	3	12	60
One-Leg Get Ups	3	12	60
Curtsy Lunge and Press	3	12	60
Shoulder Press & French Press	3	12	60
Bowler Squat	3	12	60
Plank	3	75 Seconds	60
One Arm Dumbbell Row	3	12	60
T-Bend	3	12	60
Squat and Lateral Raise	3	12	60

Notes:

Venus Factor

Week 9

Week 9 Day 2

Exercise	Sets	Reps	Rest (Secs)
One-Leg Get Ups	3	12	60
Curtsy Lunge and Press	3	12	60
Dips	3	12	60
T-Bend	3	12	60
Squat and Lateral Raise	3	12	60
One Arm Dumbbell Row	3	12	60
Dumbbell Squat	3	12	60
Side Plank	3	30 Seconds per side	60
Shoulder Press & French Press	3	12	60

Notes:

Venus Factor

Week 9

Week 9 Day 3

Exercise	Sets	Reps	Rest (Secs)
T-Bend	3	12	60
Shoulder Press & French Press	3	12	60
One-Leg Get Ups	3	12	60
Curtsy Lunge and Press	3	12	60
Dips	3	12	60
Stiff Leg Deadlift	3	12	60
Side Plank	3	30 Seconds per side	60
Dumbbell Row & Kickback	3	12	60
Dumbbell Squat	3	12	60

Notes:

Venus Factor

Week 10

Week 10 Day 1

Exercise	Sets	Reps	Rest (Secs)
Tricep Extension & Press	1	12	60
Bent Dumbbell Row	1	12	60
Shoulder Press & French Press	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Reverse Lunge & Step Up	1	12	60
Stiff Leg Deadlift	1	12	60
One-Leg Get Ups	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Ab Wheel	1	12	60
T-Bend	1	12	60
Curtsy Lunge and Press	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Venus Factor

Week 10

Week 10 Day 2

Exercise	Sets	Reps	Rest (Secs)
Dumbbell Squat	1	12	60
Reverse Lunge & Step Up	1	12	60
Stiff Leg Deadlift	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Step Up and Press	1	12	60
Ab Wheel	1	12	60
T-Bend	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Curl and Press	1	12	60
Tricep Extension & Press	1	12	60
Bent Dumbbell Row	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Week 10

Week 10 Day 3

Exercise	Sets	Reps	Rest (Secs)
T-Bend	1	12	60
Step Up and Press	1	12	60
Ab Wheel	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
One Arm Dumbbell Row	1	12	60
Curl and Press	1	12	60
Tricep Extension & Press	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Deadlift	1	10	60
Dumbbell Squat	1	12	60
Reverse Lunge & Step Up	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Week 11

Week 11 Day 1

Exercise	Sets	Reps	Rest (Secs)
Shoulder Press & French Press	1	12	60
Reverse Lunge & Step Up	1	12	60
Bulgarian Split Squat and Press	1	12	60
Rest 60 seconds then repeat above exercises for a total of 3 rounds			
Dumbbell Row & Kickback	1	12	60
Double Lunge	1	12	60
Plank	1	75 Seconds	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Pullover & Tricep Extension	1	12	60
T-Bend	1	12	60
Ab Wheel	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Week 11

Week 11 Day 2

Exercise	Sets	Reps	Rest (Secs)
T-Bend	1	12	60
Dumbbell Row & Kickback	1	12	60
Reverse Lunge & Step Up	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Plank	1	75 Seconds	60
Dips	1	15	60
Stiff Leg Deadlift	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Bulgarian Split Squat and Press	1	12	60
Pullover & Tricep Extension	1	12	60
Double Lunge	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Venus Factor

Week 11

Week 11 Day 3

Exercise	Sets	Reps	Rest (Secs)
Double Lunge	1	12	60
Bulgarian Split Squat and Press	1	12	60
Dips	1	15	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
Stiff Leg Deadlift	1	12	60
Plank	1	75 Seconds	60
Pullover & Tricep Extension	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			
One-Leg Get Ups	1	12	60
T-Bend	1	12	60
One Arm Dumbbell Row	1	12	60
Rest 60 seconds then repeat above 3 exercises for a total of 3 rounds			

Notes:

Venus Factor

Week 12

Week 12 Day 1

Exercise	Sets	Reps	Rest (Secs)
One Arm Dumbbell Row	1	15	60
Deadlift	1	12	60
Bulgarian Split Squat and Press	1	12	60
Shoulder Press & French Press	1	12	60
One-Leg Get Ups	1	12	60
Squat and Lateral Raise	1	12	60
Alternate Dumbbell Press	1	12	60
Reverse Lunge & Step Up	1	12	60
Plank	1	90 second hold	60
Rest 60 seconds then repeat all 9 exercises as laid out above for two more rounds for a total of 3 rounds			

Notes:

Venus Factor

Week 12

Week 12 Day 2

Exercise	Sets	Reps	Rest (Secs)
Deadlift	1	12	60
Squat and Lateral Raise	1	12	60
Pullover & Tricep Extension	1	12	60
Reverse Lunge & Step Up	1	12	60
Ab Wheel	1	15	60
Shoulder Press & French Press	1	12	60
Double Lunge	1	12	60
Bulgarian Split Squat and Press	1	12	60
Alternate Dumbbell Press	1	12	60
Rest 60 seconds then repeat all 9 exercises as laid out above for two more rounds for a total of 3 rounds			

Notes:

Venus Factor

Week 12

Week 12 Day 3

Exercise	Sets	Reps	Rest (Secs)
Curtsy Lunge and Press	1	12	60
Pullover & Tricep Extension	1	12	60
Deadlift	1	12	60
Ab Wheel	1	15	60
Alternate Dumbbell Press	1	15	60
Reverse Lunge & Step Up	1	12	60
Squat and Lateral Raise	1	12	60
Tricep Extension & Press	1	12	60
T-Bend	1	15	60
Rest 60 seconds then repeat all 9 exercises as laid out above for two more rounds for a total of 3 rounds			

Notes: