

THE VENUS FACTOR FINAL PHASE



WORKOUT

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Instructions

- 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, and 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.

Cycle 1 – Weeks 1-3:

[**CLICK HERE TO WATCH INTERMITTENT SUPER SET TUTORIAL VIDEO!**](#)

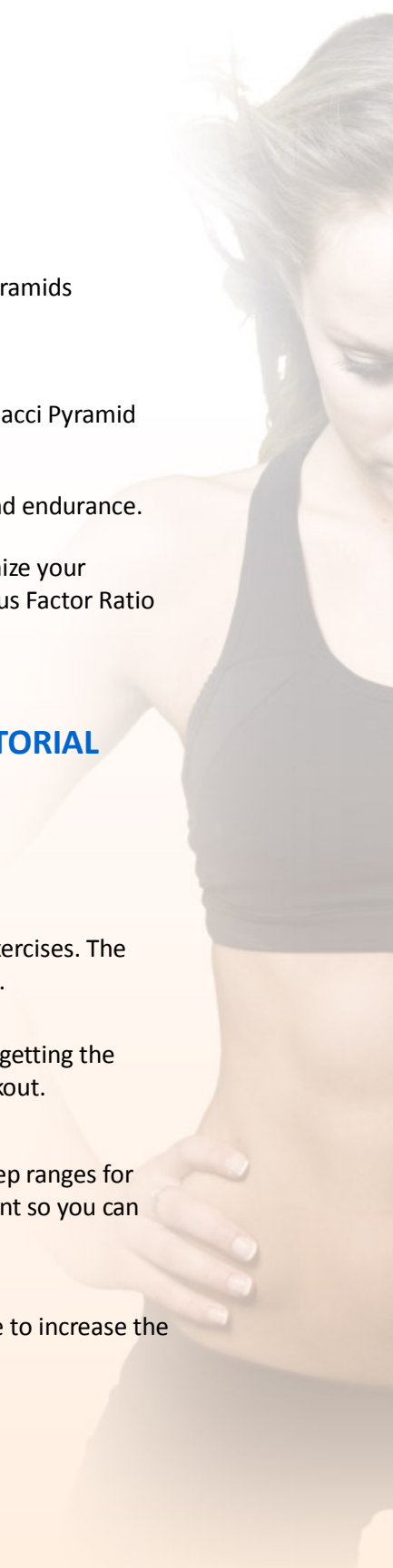
Intermittent Super Sets

Intermittent super sets are a workout style that incorporate very similar exercises. The regular sets serve as a warm up and preparation for the coming super sets.

This workout style allows you to work each muscle in multiple rep ranges, getting the benefit of strength conditioning as well as cardiovascular in the same workout.

Be sure to review each workout chart before you start. Make note of the rep ranges for each regular and super set and the corresponding exercise. This is important so you can choose your working weights correctly.

As you become conditioned into this style of training you will likely be able to increase the weights you use for both the regular sets and especially for the super sets.



Cycle 1 – Week 4:

Fibonacci Pyramid

[**CLICK HERE TO WATCH FIBONACCI PYRAMID SET TUTORIAL VIDEO!**](#)

The Fibonacci pyramid week serves as an overreaching week that will challenge your muscles in a different pattern from the previous 3 weeks of the cycle.

Cycle 2 – Weeks 5-7:

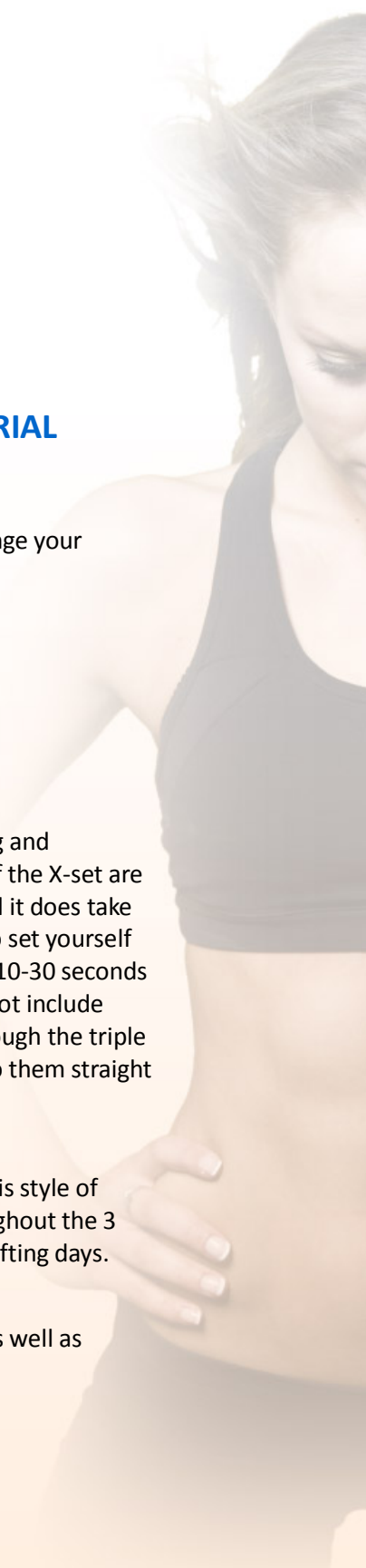
[**CLICK HERE TO WATCH X-SET TUTORIAL VIDEO!**](#)

X-Sets

X-sets are a triple super set style using two different exercises with ascending and descending rep ranges throughout the triple set. The exercises in each half of the X-set are meant to be done back-to-back-to-back in a non stop fashion. With that said it does take some time to get from one exercise station to the next, or even some time to set yourself up in position for each exercise. Realistically it may take you anywhere from 10-30 seconds to transition between exercises during each X-set triple set. I purposely did not include specific rest times within each half of the X-set as you're meant to move through the triple set as quickly as possible with the understanding that you cannot possibly do them straight through without taking at least 10 seconds before starting each set.

The second half of the X-set is the same two exercise but in reverse order. This style of training focuses on strength conditioning and muscular development. Throughout the 3 weeks cycle the rep ranges will change requiring moderate as well as heavy lifting days.

This style of training will produce both a cardiovascular conditioning effect as well as improving strength endurance.



Cycle 2 – Week 8: Fibonacci Pyramid

The Fibonacci pyramid week serves as an overreaching week that will challenge your muscles in a different pattern from the previous 3 weeks of the cycle.

Cycle 3 – Weeks 9-11:

Progressive Venus Pyramids

[CLICK HERE TO WATCH PROGRESSIVE VENUS PYRAMID TUTORIAL VIDEO!](#)

Progressive Venus Pyramids provide a cardiovascular and muscular conditioning effect by taxing the same muscle with multiple exercises within the same pyramid. The rest time provided between each set of the pyramid will allow you to handle maximum weights at each level as compared to a back to back super set style.

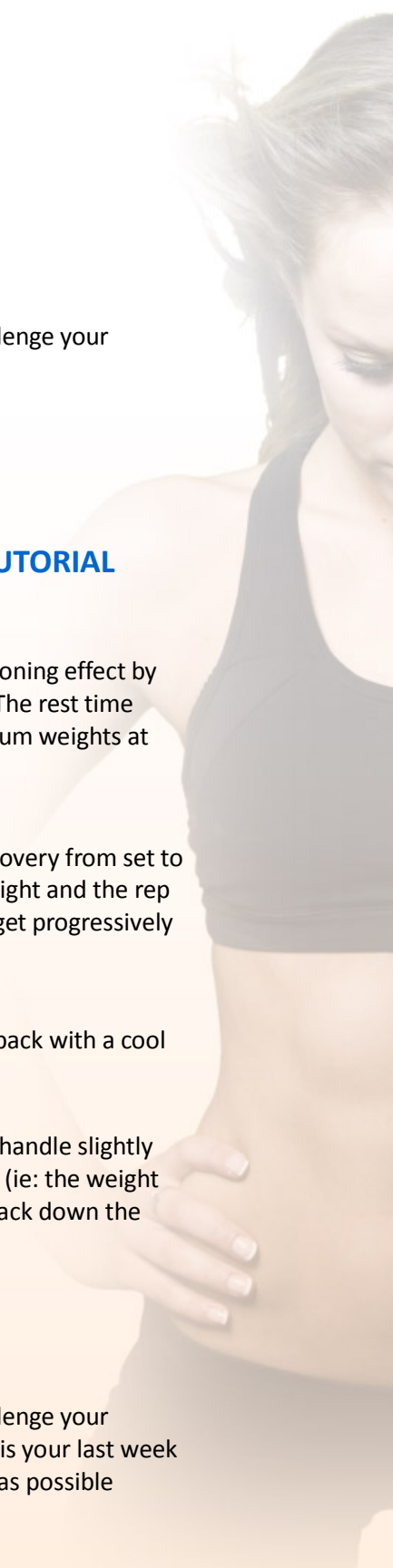
This style of training will improve your cardiovascular conditioning and recovery from set to set. The first set of each pyramid serves as a warm up set as the weight is light and the rep range is high. Each additional set up the pyramid includes rep ranges that get progressively lower meaning you should be using progressively heavier weights.

On the final 3 sets of the pyramid the rep ranges climb back up and finish back with a cool down set of 21 reps.

You may find that you're stronger on the back end of the pyramid and can handle slightly heavier weights for the same rep range versus the first half of the pyramid (ie: the weight you did for 8 reps on the way up the pyramid might feel light on the way back down the pyramid. If so adjust the weight up...this will take some trial and error.)

Cycle 3 – Week 12: Fibonacci Pyramid

The Fibonacci pyramid week serves as an overreaching week that will challenge your muscles in a different pattern from the previous 3 weeks of the cycle. This is your last week of the cycle and you should be at your maximum capacity to push as hard as possible during this last round of pyramids.



Week 1

Intermittent Supersets

Week 1 Day 1

Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Curl and Press	3	13	60
Super Set	Shoulder Press + Standing Dumbbell Curls	3	8 + 8	60
Regular	Dips	3	13	60
Superset	Lying Tricep Extensions+ Flyes	3	8 + 8	60
Regular	Reverse Lunge & T-Bend	3	13	60
Superset	T-bend + Reverse Lunge	3	8 + 8	60
Regular	Dumbbell Squat	3	10	60
Super Set	Stability Ball Roll Out + Stability Ball Curl Up	3	10 + 10	60



Week 1

Intermittent Supersets

Week 1 Day 2

Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Dumbbell Squat	3	13	60
Super Set	Stiff Leg Deadlift + Step Up	3	8 + 6	60
Regular	Venus Raise	3	13	60
Superset	Bent Dumbbell Row + Lateral Raise	3	8 + 8	60
Regular	Pullovers	3	13	60
Superset	Push Up + Dips	3	8 + 8	60
Regular	Bulgarian Split Squat	3	10	60
Super Set	Standing Dumbbell Curls+ Overhead Tricep Extension	3	10 + 10	60

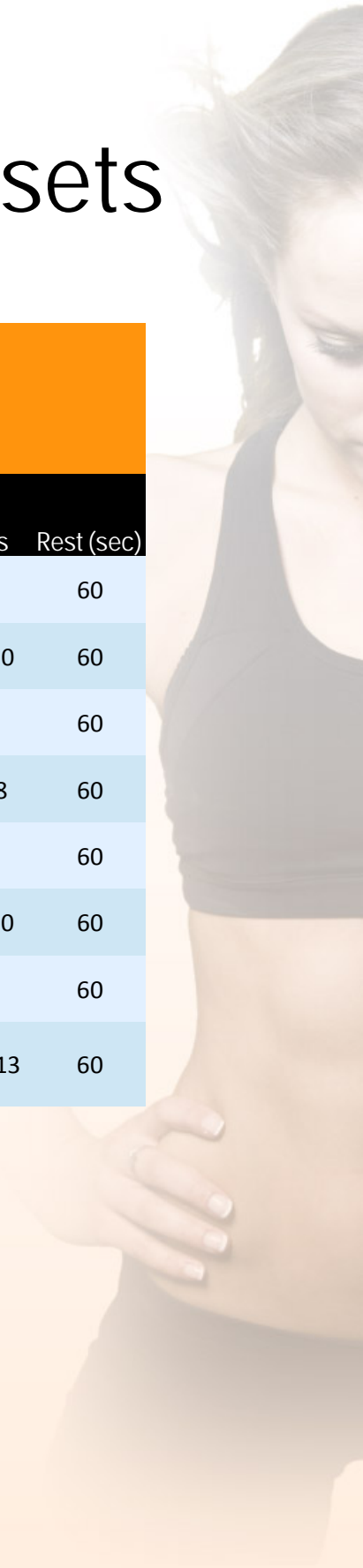


Week 1

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

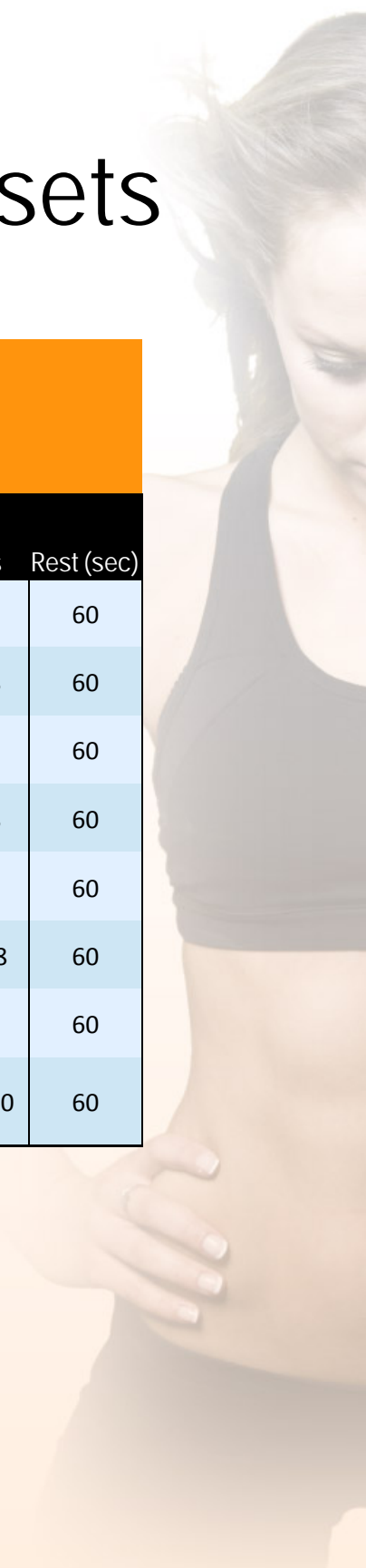


Week 2

Intermittent Supersets

Week 2 Day 1

Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Step Up & Press	3	13	60
Super Set	Step Up+ Shoulder Press	3	6 + 8	60
Regular	T-Bend	3	10	60
Superset	Curtsy Lunge + Dumbbell Squat	3	8 + 8	60
Regular	One Arm Dumbbell Row	3	10	60
Superset	Flyes + Push Ups	3	10 + 8	60
Regular	Seated Curl & Tate Press	3	10	60
Super Set	Seated Curls + Overhead Tricep Extension	3	10 + 10	60

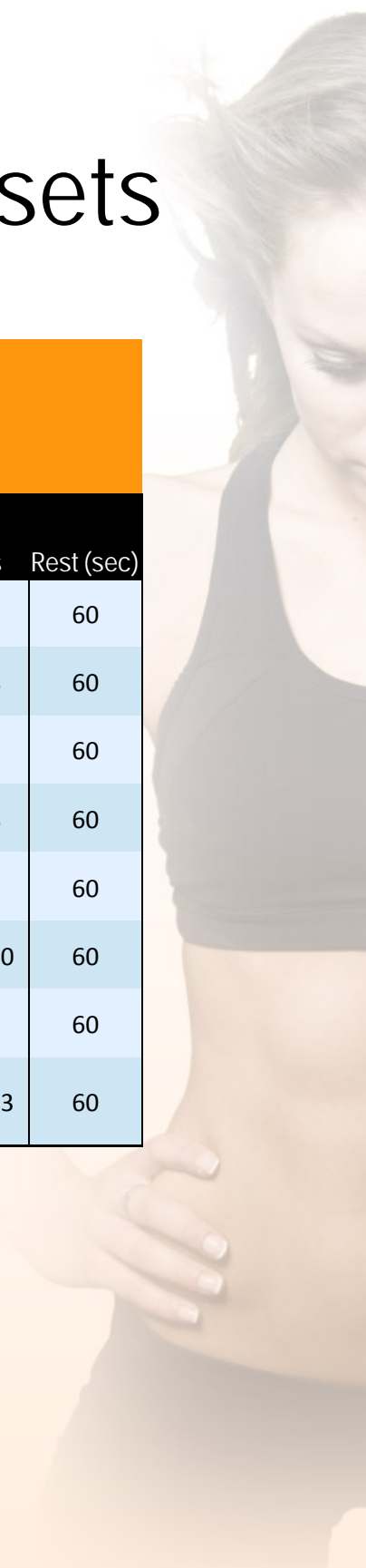


Week 2

Intermittent Supersets

Week 2 Day 2

Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Venus Raise	3	13	60
Super Set	Bent Dumbbell Row + Lateral Raise	3	8 + 8	60
Regular	Bulgarian Split Squat	3	10	60
Superset	Stiff Leg Deadlift+ One Leg Get Ups	3	8 + 8	60
Regular	Curtsy Lunge	3	10	60
Superset	Pullovers + Dips	3	10 + 10	60
Regular	Push Ups	3	10	60
Super Set	Stability Ball Curl Up+ Stability Ball Rollout	3	13 + 13	60

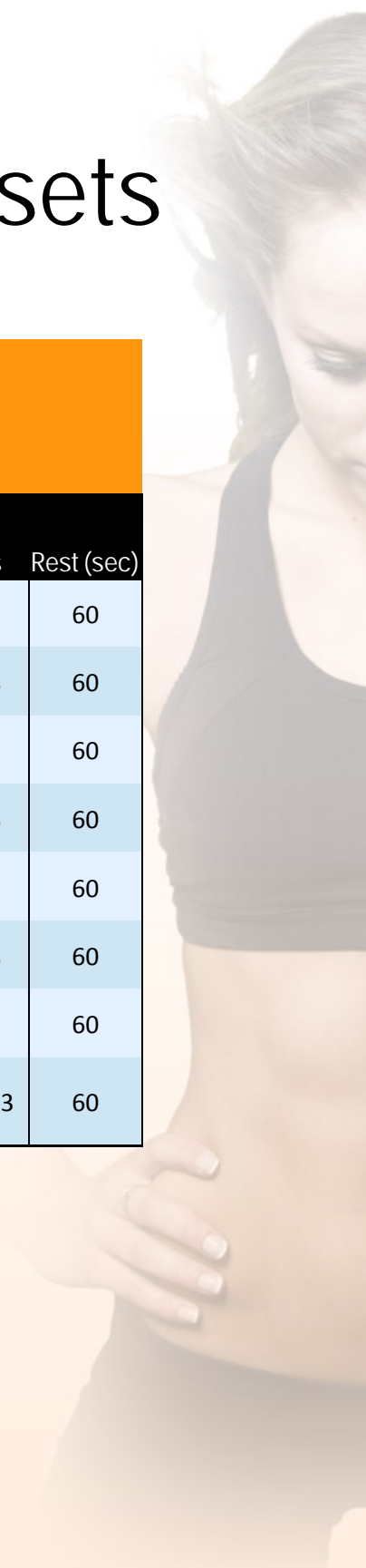


Week 2

Intermittent Supersets

Week 2 Day 3

Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Push Ups	3	13	60
Super Set	Dips + Pullovers	3	8 + 8	60
Regular	Bent Barbell Row	3	13	60
Superset	Lateral Raise + Full Front Raise	3	8 + 8	60
Regular	Reverse Lunge & Step Up	3	13	60
Superset	T-Bend + Y-Squat	3	8 + 8	60
Regular	Squat & Press	3	10	60
Super Set	Stability Ball Roll Outs+ Stability Ball Curl Ups	3	13 + 13	60

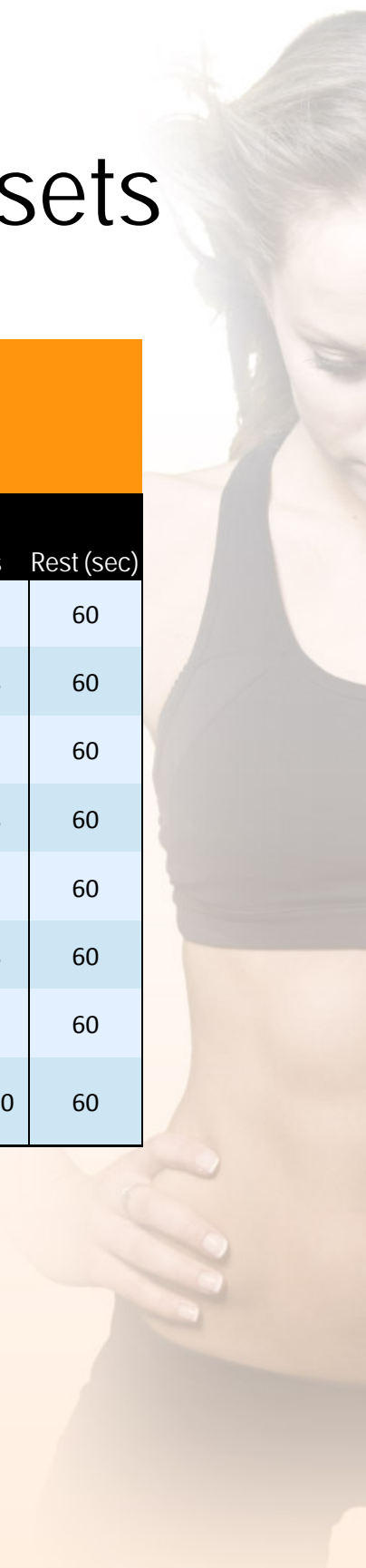


Week 3

Intermittent Supersets

Week 3 Day 1

Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Venus Raise	3	10	60
Super Set	Lateral Raise + Bent Lateral Raise	3	8 + 8	60
Regular	T-bend & Row	3	10	60
Superset	T-bend + Dumbbell Squat	3	8 + 8	60
Regular	Push Up & Leg Raise	3	10	60
Superset	Dips + One Leg Get Ups	3	8 + 8	60
Regular	Pullover & Tricep Extension	3	10	60
Super Set	Stability Ball Roll Out + Stability Ball Curl Up	3	10 + 10	60

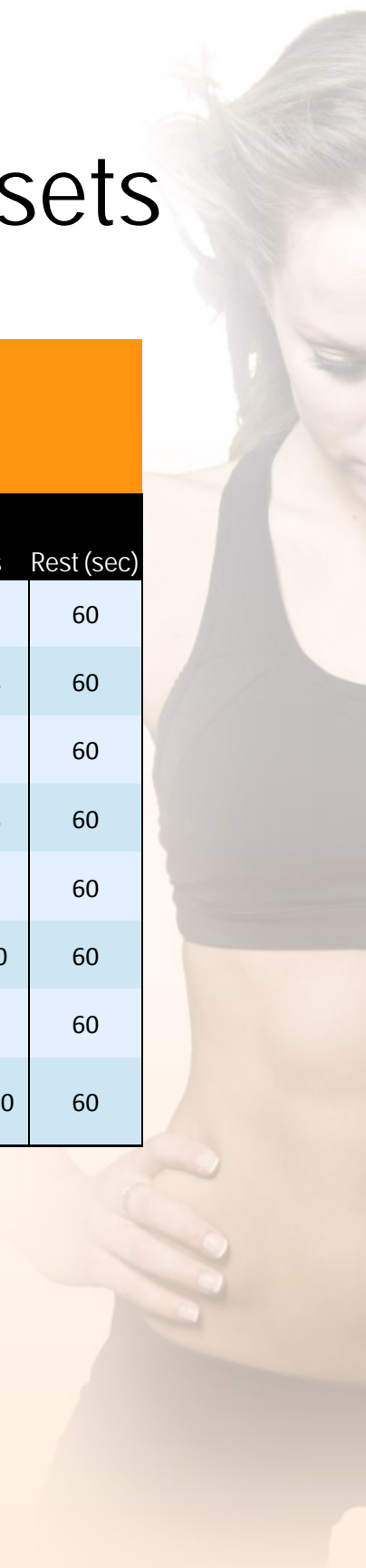


Week 3

Intermittent Supersets

Week 3 Day 2

Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Reverse Lunge & Step Up	3	13	60
Super Set	Curtsy Lunge+ Step Up	3	8 + 8	60
Regular	Squat & Swing	3	13	60
Superset	Bowler Squat+ Stiff Leg Deadlift	3	8 + 8	60
Regular	One Arm Dumbbell Row	3	13	60
Superset	Venus Raise+ Dips	3	8 + 10	60
Regular	Seated Curl & Tate Press	3	10	60
Super Set	Standing Dumbbell Curls+ Lying Tricep Extension	3	10 + 10	60



Week 3

Intermittent Supersets

Week 3 Day 3

Set Type	Exercise	Sets	Reps	Rest (sec)
Regular	Y-Squat	3	13	60
Super Set	Curtsy Lunge+ Shoulder Press	3	8 + 8	60
Regular	T-bend & Row	3	13	60
Superset	Seated Curls+ Pullovers	3	8 + 10	60
Regular	Push Ups	3	13	60
Superset	Upright Dumbbell Row + Dips	3	8 + 8	60
Regular	Plank	3	45 sec hold	60
Super Set	Stability Ball Roll Out + Stability Ball Curl Up	3	10 + 10	60



Week 4, Day 1

Fibonacci Pyramid Sets

Set 1: Flat Dumbbell Press			Set 2: Dumbbell Squat			Set 3: Bent Dumbbell Row		
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



Week 4, Day 1

Fibonacci Pyramid Sets

Set 4:

Shoulder Press

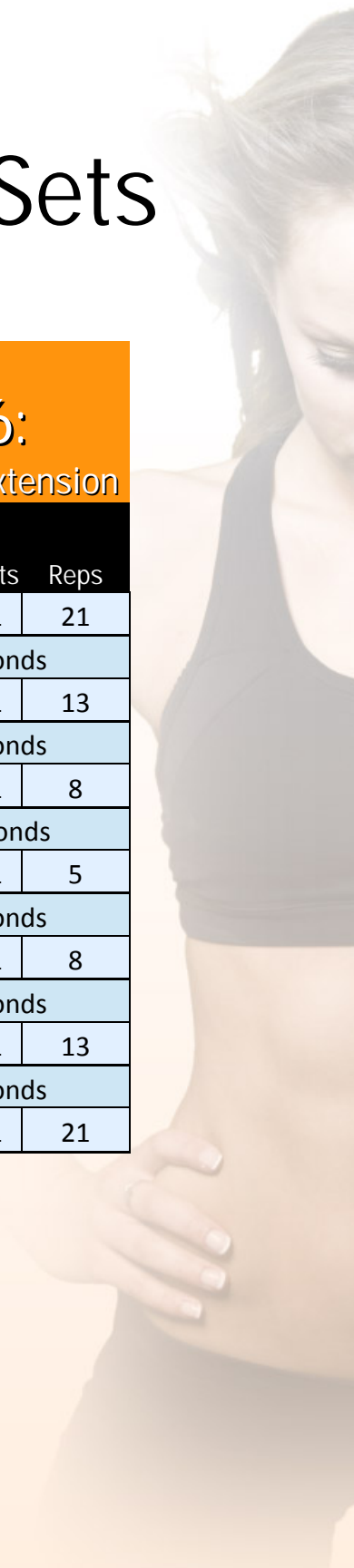
Set 5:

Standing Dumbbell Curl

Set 6:

Lying Tricep Extension

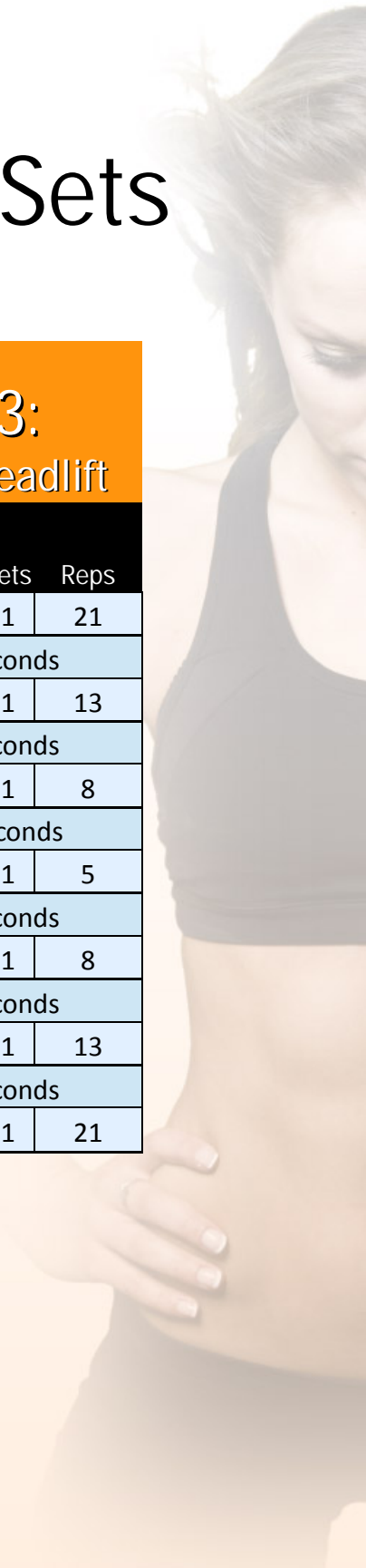
Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
Light	1	21	Light	1	21	Light	1	21
Rest 30 Seconds			Rest 30 Seconds			Rest 30 Seconds		
Moderate	1	13	Moderate	1	13	Moderate	1	13
Rest 45 Seconds			Rest 45 Seconds			Rest 45 Seconds		
Heavy	1	8	Heavy	1	8	Heavy	1	8
Rest 60 Seconds			Rest 60 Seconds			Rest 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



Week 4, Day 2

Fibonacci Pyramid Sets

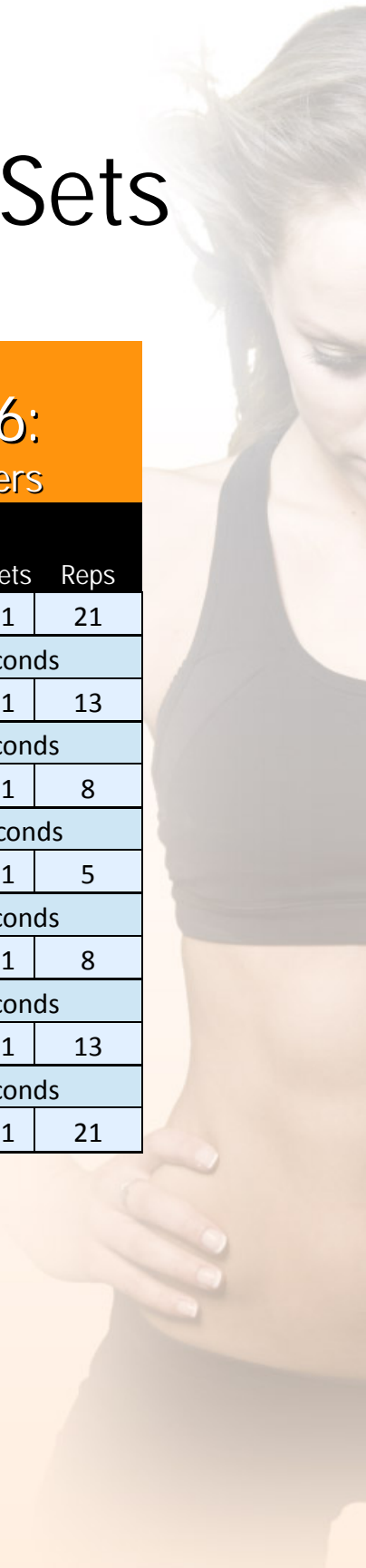
Set 1: Bowler Squat			Set 2: Lateral Raise			Set 3: Stiff Leg Deadlift		
Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
Light	1	21	Light	1	21	Light	1	21
Rest 30 Seconds			Rest 30 Seconds			Rest 30 Seconds		
Moderate	1	13	Moderate	1	13	Moderate	1	13
Rest 45 Seconds			Rest 45 Seconds			Rest 45 Seconds		
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



Week 4, Day 2

Fibonacci Pyramid Sets

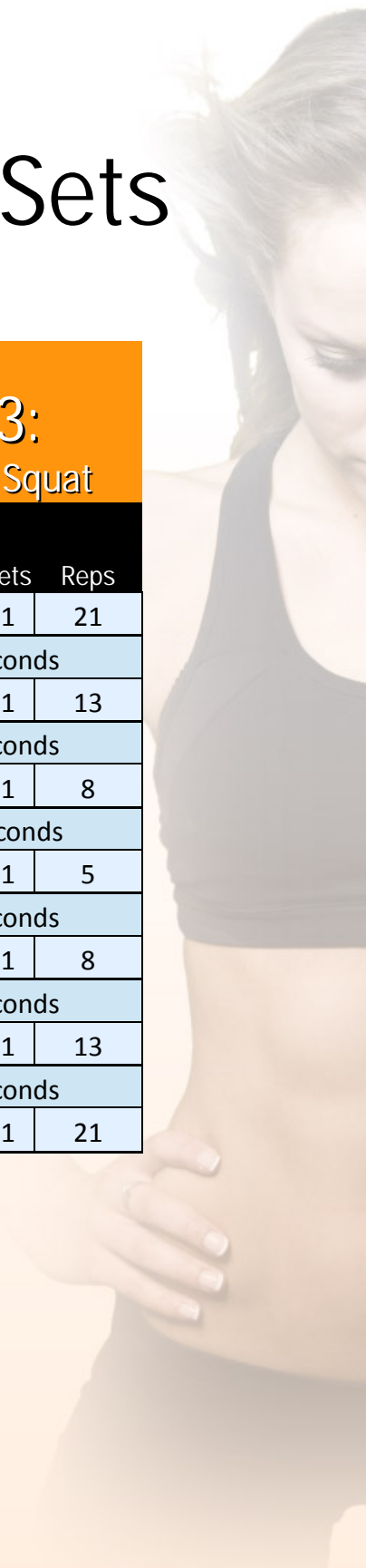
Set 4: Incline Dumbbell Press			Set 5: Step Ups			Set 6: Pullovers		
Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
Light	1	21	Light	1	21	Light	1	21
Rest 30 Seconds			Rest 30 Seconds			Rest 30 Seconds		
Moderate	1	13	Moderate	1	13	Moderate	1	13
Rest 45 Seconds			Rest 45 Seconds			Rest 45 Seconds		
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



Week 4, Day 3

Fibonacci Pyramid Sets

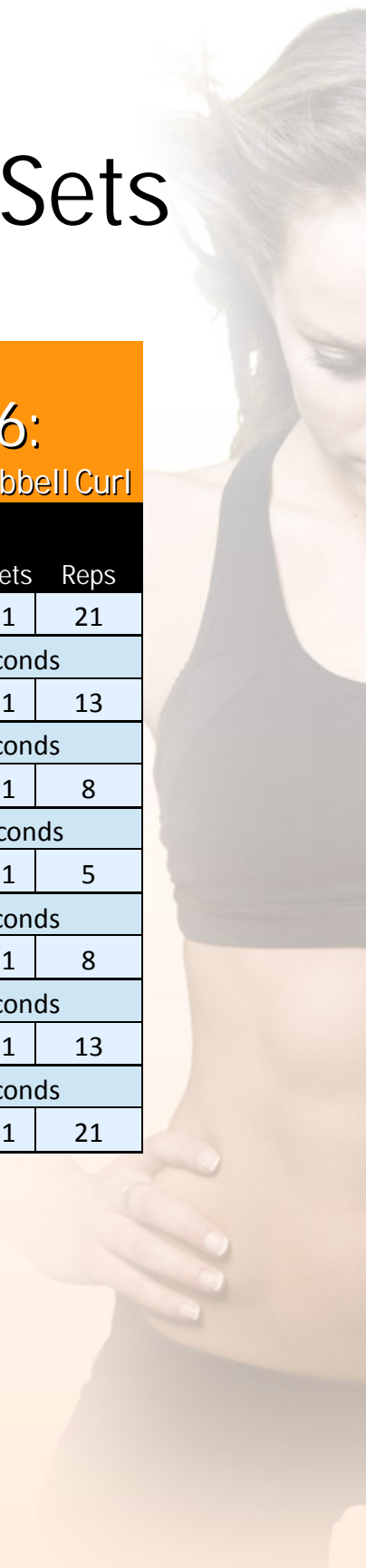
Set 1: Sumo Deadlift			Set 2: Flat Dumbbell Press			Set 3: Dumbbell Squat		
Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
Light	1	21	Light	1	21	Light	1	21
Rest 30 Seconds			Rest 30 Seconds			Rest 30 Seconds		
Moderate	1	13	Moderate	1	13	Moderate	1	13
Rest 45 Seconds			Rest 45 Seconds			Rest 45 Seconds		
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



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



Week 5, Day 1

X-Sets

X-Set 1:

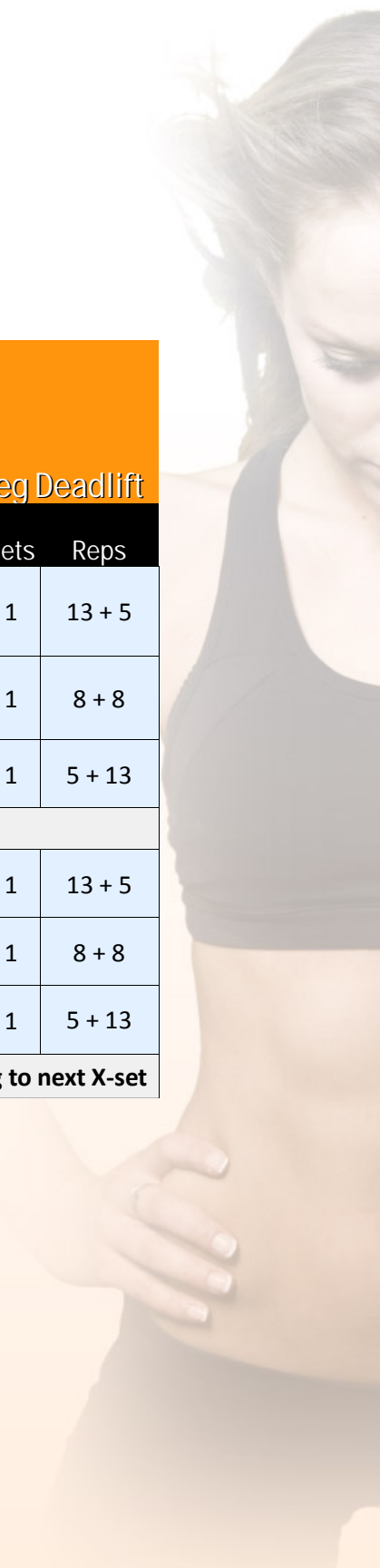
Push Ups + Bent Dumbbell Row

Exercise	Sets	Reps
Push-Up + Bent Dumbbell Row	1	13 + 5
Push-Up + Bent Dumbbell Row	1	8 + 8
Push-Up + Bent Dumbbell Row	1	5 + 13
Rest 90 seconds		
Bent Dumbbell Row + Push Up	1	13 + 5
Bent Dumbbell Row + Push Up	1	8 + 8
Bent Dumbbell Row + Push Up	1	5 + 13
Rest 90 seconds before moving to next X-set		

X-Set 2:

Dumbbell Squat + Stiff Leg Deadlift

Exercise	Sets	Reps
Dumbbell Squat + Stiff Leg Deadlift	1	13 + 5
Dumbbell Squat + Stiff Leg Deadlift	1	8 + 8
Dumbbell Squat + Stiff Leg Deadlift	1	5 + 13
Rest 90 seconds		
Stiff Leg Deadlift + Dumbbell Squat	1	13 + 5
Stiff Leg Deadlift + Dumbbell Squat	1	8 + 8
Stiff Leg Deadlift + Dumbbell Squat	1	5 + 13
Rest 90 seconds before moving to next X-set		



Week 5, Day 1

X-Sets



X-Set 3: Pullovers + Lateral Raise

Exercise	Sets	Reps
Pullovers + Lateral Raise	1	13 + 5
Pullovers + Lateral Raise	1	8 + 8
Pullovers + Lateral Raise	1	5 + 13
Rest 90 seconds		
Lateral Raise + Pullovers	1	13 + 5
Lateral Raise + Pullovers	1	8 + 8
Lateral Raise + Pullovers	1	5 + 13
Rest 90 seconds before moving to next X-set		

X-Set 4: Standing Dumbbell Curls + Overhead Tricep Extension

Exercise	Sets	Reps
Standing Dumbbell Curls + Overhead Tricep Extension	1	13 + 5
Standing Dumbbell Curls + Overhead Tricep Extension	1	8 + 8
Standing Dumbbell Curls + Overhead Tricep Extension	1	5 + 13
Rest 90 seconds		
Overhead Tricep Extension + Standing Dumbbell Curls	1	13 + 5
Overhead Tricep Extension + Standing Dumbbell Curls	1	8 + 8
Overhead Tricep Extension + Standing Dumbbell Curls	1	5 + 13
Rest 90 seconds before moving to next X-set		

Week 5, Day 2

X-Sets

X-Set 1:

Bent Lateral Raise + Full Front Raise

Exercise	Sets	Reps
Bent Lateral Raise + Full Front Raise	1	13 + 5
Bent Lateral Raise + Full Front Raise	1	8 + 8
Bent Lateral Raise + Full Front Raise	1	5 + 13
Rest 90 seconds		
Full Front Raise + Bent Lateral Raise	1	13 + 5
Full Front Raise + Bent Lateral Raise	1	8 + 8
Full Front Raise + Bent Lateral Raise	1	5 + 13
Rest 90 seconds before moving to next X-set		

X-Set 2:

Step Up + Bent Dumbbell Row

Exercise	Sets	Reps
Step Up + Bent Dumbbell Row	1	13 + 5
Step Up + Bent Dumbbell Row	1	8 + 8
Step Up + Bent Dumbbell Row	1	5 + 13
Rest 90 seconds		
Bent Dumbbell Row + Step Up	1	13 + 5
Bent Dumbbell Row + Step Up	1	8 + 8
Bent Dumbbell Row + Step Up	1	5 + 13
Rest 90 seconds before moving to next X-set		



Week 5, Day 2

X-Sets

X-Set 3:

Stiff Leg Deadlift + Point & Pike

Exercise	Sets	Reps
Stiff Leg Deadlift + Point & Pike	1	13 + 5
Stiff Leg Deadlift + Point & Pike	1	8 + 8
Stiff Leg Deadlift + Point & Pike	1	5 + 13
Rest 90 seconds		
Point & Pike + Stiff Leg Deadlift	1	13 + 5
Point & Pike + Stiff Leg Deadlift	1	8 + 8
Point & Pike + Stiff Leg Deadlift	1	5 + 13
Rest 90 seconds before moving to next X-set		

X-Set 4:

T-Bend + Bowler Squat

Exercise	Sets	Reps
T-bend + Bowler Squat	1	13 + 5
T-bend + Bowler Squat	1	8 + 8
T-bend + Bowler Squat	1	5 + 13
Rest 90 seconds		
Bowler Squat + T-Bend	1	13 + 5
Bowler Squat + T-Bend	1	8 + 8
Bowler Squat + T-Bend	1	5 + 13
Rest 90 seconds before moving to next X-set		



Week 5, Day 3

X-Sets

X-Set 1:

Dumbbell Squat + Shoulder Press

Exercise	Sets	Reps
Dumbbell Squat + Shoulder Press	1	13 + 5
Dumbbell Squat + Shoulder Press	1	8 + 8
Dumbbell Squat + Shoulder Press	1	5 + 13
Rest 90 seconds		
Shoulder Press + Dumbbell Squat	1	13 + 5
Shoulder Press + Dumbbell Squat	1	8 + 8
Shoulder Press + Dumbbell Squat	1	5 + 13

Rest 90 seconds before moving to next X-set

X-Set 2:

Lateral Raise+ One Arm Dumbbell Row

Exercise	Sets	Reps
Lateral Raise + One Arm Dumbbell Row	1	13 + 5
Lateral Raise + One Arm Dumbbell Row	1	8 + 8
Lateral Raise + One Arm Dumbbell Row	1	5 + 13
Rest 90 seconds		
One Arm Dumbbell Row + Lateral Raise	1	13 + 5
One Arm Dumbbell Row + Lateral Raise	1	8 + 8
One Arm Dumbbell Row + Lateral Raise	1	5 + 13

Rest 90 seconds before moving to next X-set



Week 5, Day 3

X-Sets

X-Set 3:

Crossover Step Up + Flat Dumbbell Press

Exercise	Sets	Reps
Crossover Step Up + Flat Dumbbell Press	1	13 + 5
Crossover Step Up + Flat Dumbbell Press	1	8 + 8
Crossover Step Up + Flat Dumbbell Press	1	5 + 13
Rest 90 seconds		
Flat Dumbbell Press + Crossover Step Up	1	13 + 5
Flat Dumbbell Press + Crossover Step Up	1	8 + 8
Flat Dumbbell Press + Crossover Step Up	1	5 + 13
Rest 90 seconds before moving to next X-set		

X-Set 4:

Mountain Climbers + Pullovers

Exercise	Sets	Reps
Mountain Climbers + Pullovers	1	13 + 5
Mountain Climbers + Pullovers	1	8 + 8
Mountain Climbers + Pullovers	1	5 + 13
Rest 90 seconds		
Pullovers + Mountain Climbers	1	13 + 5
Pullovers + Mountain Climbers	1	8 + 8
Pullovers + Mountain Climbers	1	5 + 13
Rest 90 seconds before moving to next X-set		



Week 6, Day 1

X-Sets

X-Set 1:

Curtsy Lunge+ Pike Front Raise

Exercise	Sets	Reps
Curtsy Lunge + Pike Front Raise	1	13 + 5
Curtsy Lunge + Pike Front Raise	1	8 + 8
Curtsy Lunge + Pike Front Raise	1	5 + 13
Rest 90 seconds		
Pike Front Raise + Curtsy Lunge	1	8 + 3
Pike Front Raise + Curtsy Lunge	1	5 + 5
Pike Front Raise + Curtsy Lunge	1	3 + 8
Rest 90 seconds before moving to next X-set		

X-Set 2:

Flat Dumbbell Press+ Step Up

Exercise	Sets	Reps
Flat Dumbbell Press + Step Up	1	13 + 5
Flat Dumbbell Press + Step Up	1	8 + 8
Flat Dumbbell Press + Step Up	1	5 + 13
Rest 90 seconds		
Step Up + Flat Dumbbell Press	1	8 + 3
Step Up + Flat Dumbbell Press	1	5 + 5
Step Up + Flat Dumbbell Press	1	3 + 8
Rest 90 seconds before moving to next X-set		



Week 6, Day 1

X-Sets

X-Set 3:

Bent Barbell Row+ Pullovers

Exercise	Sets	Reps
Bent Barbell Row + Pullovers	1	13 + 5
Bent Barbell Row + Pullovers	1	8 + 8
Bent Barbell Row + Pullovers	1	5 + 13
Rest 90 seconds		
Pullovers + Bent Barbell Row	1	8 + 3
Pullovers + Bent Barbell Row	1	5 + 5
Pullovers + Bent Barbell Row	1	3 + 8
Rest 90 seconds before moving to next X-set		

X-Set 4:

Upright DB Row+ Bowler Squat

Exercise	Sets	Reps
Upright Dumbbell Row + Bowler Squat	1	13 + 5
Upright Dumbbell Row + Bowler Squat	1	8 + 8
Upright Dumbbell Row + Bowler Squat	1	5 + 13
Rest 90 seconds		
Bowler Squat + Upright Dumbbell Row	1	8 + 3
Bowler Squat + Upright Dumbbell Row	1	5 + 5
Bowler Squat + Upright Dumbbell Row	1	3 + 8
Rest 90 seconds before moving to next X-set		



Week 6, Day 2

X-Sets

X-Set 1:

One Leg Get Ups + Full Front Raise

Exercise	Sets	Reps
One Leg Get Ups + Full Front Raise	1	13 + 5
One Leg Get Ups + Full Front Raise	1	8 + 8
One Leg Get Ups + Full Front Raise	1	5 + 13
Rest 90 seconds		
Full Front Raise + One Leg Get Ups	1	8 + 3
Full Front Raise + One Leg Get Ups	1	5 + 5
Full Front Raise + One Leg Get Ups	1	3 + 8
Rest 90 seconds before moving to next X-set		

X-Set 2:

Lateral Raise + Stiff Leg Deadlift

Exercise	Sets	Reps
Lateral Raise + Stiff Leg Deadlift	1	13 + 5
Lateral Raise + Stiff Leg Deadlift	1	8 + 8
Lateral Raise + Stiff Leg Deadlift	1	5 + 13
Rest 90 seconds		
Stiff Leg Deadlift + Lateral Raise	1	8 + 3
Stiff Leg Deadlift + Lateral Raise	1	5 + 5
Stiff Leg Deadlift + Lateral Raise	1	3 + 8
Rest 90 seconds before moving to next X-set		



Week 6, Day 2

X-Sets

X-Set 3:

Alternate Dumbbell Press + Bent Lateral Raise

Exercise	Sets	Reps
Alternate Dumbbell Press + Bent Lateral Raise	1	13 + 5
Alternate Dumbbell Press + Bent Lateral Raise	1	8 + 8
Alternate Dumbbell Press + Bent Lateral Raise	1	5 + 13
Rest 90 seconds		
Bent Lateral Raise + Alternate Dumbbell Press	1	8 + 3
Bent Lateral Raise + Alternate Dumbbell Press	1	5 + 5
Bent Lateral Raise + Alternate Dumbbell Press	1	3 + 8
Rest 90 seconds before moving to next X-set		

X-Set 4:

One Arm Dumbbell Row (Wide) + Pullovers

Exercise	Sets	Reps
One Arm Dumbbell Row (wide) + Pullovers	1	13 + 5
One Arm Dumbbell Row (wide) + Pullovers	1	8 + 8
One Arm Dumbbell Row (wide) + Pullovers	1	5 + 13
Rest 90 seconds		
Pullovers + One Arm Dumbbell Row (Wide)	1	8 + 3
Pullovers + One Arm Dumbbell Row (Wide)	1	5 + 5
Pullovers + One Arm Dumbbell Row (Wide)	1	3 + 8
Rest 90 seconds before moving to next X-set		



Week 6, Day 3

X-Sets

X-Set 1:

Reverse Lunge & Step Up+ Upright Row

Exercise	Sets	Reps
Reverse Lunge & Step Up + Upright Dumbbell Row	1	13 + 5
Reverse Lunge & Step Up + Upright Dumbbell Row	1	8 + 8
Reverse Lunge & Step Up + Upright Dumbbell Row	1	5 + 13
Rest 90 seconds		
Upright Dumbbell Row + Reverse Lunge & Step Up	1	8 + 3
Upright Dumbbell Row + Reverse Lunge & Step Up	1	5 + 5
Upright Dumbbell Row + Reverse Lunge & Step Up	1	3 + 8

Rest 90 seconds before moving to next X-set

X-Set 2:

Venus Raise+ Pullovers

Exercise	Sets	Reps
Venus Raise + Pullovers	1	13 + 5
Venus Raise + Pullovers	1	8 + 8
Venus Raise + Pullovers	1	5 + 13
Rest 90 seconds		
Pullovers + Venus Raise	1	8 + 3
Pullovers + Venus Raise	1	5 + 5
Pullovers + Venus Raise	1	3 + 8

Rest 90 seconds before moving to next X-set



Week 6, Day 3

X-Sets

X-Set 3:

T-Bend + Curl & Press

Exercise	Sets	Reps
T-Bend + Curl & Press	1	13 + 5
T-Bend + Curl & Press	1	8 + 8
T-Bend + Curl & Press	1	5 + 13
Rest 90 seconds		
Curl & Press + T-Bend	1	8 + 3
Curl & Press + T-Bend	1	5 + 5
Curl & Press + T-Bend	1	3 + 8
Rest 90 seconds before moving to next X-set		

X-Set 4:

Bent Dumbbell Row + Dumbbell Squat

Exercise	Sets	Reps
Bent Dumbbell Row + Dumbbell Squat	1	13 + 5
Bent Dumbbell Row + Dumbbell Squat	1	8 + 8
Bent Dumbbell Row + Dumbbell Squat	1	5 + 13
Rest 90 seconds		
Dumbbell Squat + Bent Dumbbell Row	1	8 + 3
Dumbbell Squat + Bent Dumbbell Row	1	5 + 5
Dumbbell Squat + Bent Dumbbell Row	1	3 + 8
Rest 90 seconds before moving to next X-set		



Week 7, Day 1

X-Sets

X-Set 1:

One Arm Dumbbell Row +
Bent Lateral Raise

Exercise	Sets	Reps
One Arm Dumbbell Row + Bent Lateral Raise	1	8 + 3
One Arm Dumbbell Row + Bent Lateral Raise	1	5 + 5
One Arm Dumbbell Row + Bent Lateral Raise	1	3 + 8
Rest 90 seconds		
Bent Lateral Raise + One Arm Dumbbell Row	1	8 + 3
Bent Lateral Raise + One Arm Dumbbell Row	1	5 + 5
Bent Lateral Raise + One Arm Dumbbell Row	1	3 + 8
Rest 90 seconds before moving to next X-set		

X-Set 2:

Flat Dumbbell Press + Dips

Exercise	Sets	Reps
Flat Dumbbell Press + Dips	1	8 + 3
Flat Dumbbell Press + Dips	1	5 + 5
Flat Dumbbell Press + Dips	1	3 + 8
Rest 90 seconds		
Dips + Flat Dumbbell Press	1	8 + 3
Dips + Flat Dumbbell Press	1	5 + 5
Dips + Flat Dumbbell Press	1	3 + 8
Rest 90 seconds before moving to next X-set		



Week 7, Day 1

X-Sets

X-Set 3:

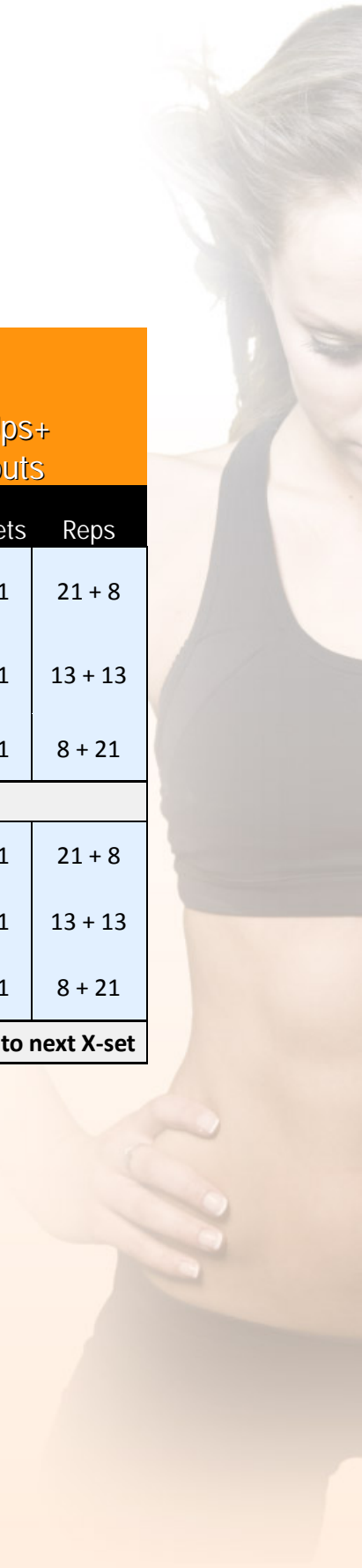
Standing Dumbbell Curl +
Overhead Tricep Extension

Exercise	Sets	Reps
Standing Dumbbell Curl + Overhead Tricep Extension	1	13 + 5
Standing Dumbbell Curl + Overhead Tricep Extension	1	8 + 8
Standing Dumbbell Curl + Overhead Tricep Extension	1	5 + 13
Rest 90 seconds		
Overhead Tricep Extension + Standing Dumbbell Curl	1	13 + 5
Overhead Tricep Extension + Standing Dumbbell Curl	1	8 + 8
Overhead Tricep Extension + Standing Dumbbell Curl	1	5 + 13
Rest 90 seconds before moving to next X-set		

X-Set 4:

Stability Ball Curl Ups +
Stability Ball Rollouts

Exercise	Sets	Reps
Stability Ball Curl Ups + Stability Ball Rollouts	1	21 + 8
Stability Ball Curl Ups + Stability Ball Rollouts	1	13 + 13
Stability Ball Curl Ups + Stability Ball Rollouts	1	8 + 21
Rest 90 seconds		
Stability Ball Rollouts + Stability Ball Curl Ups	1	21 + 8
Stability Ball Rollouts + Stability Ball Curl Ups	1	13 + 13
Stability Ball Rollouts + Stability Ball Curl Ups	1	8 + 21
Rest 90 seconds before moving to next X-set		



Week 7, Day 2

X-Sets



X-Set 1: Step Up & Press+ Deadlift		
Exercise	Sets	Reps
Step Up & Press + Deadlift	1	8 + 3
Step Up & Press + Deadlift	1	5 + 5
Step Up & Press + Deadlift	1	3 + 8
Rest 90 seconds		
Deadlift + Step Up & Press	1	8 + 3
Deadlift + Step Up & Press	1	5 + 5
Deadlift + Step Up & Press	1	3 + 8
Rest 90 seconds before moving to next X-set		

X-Set 2: T-Bend + Dips		
Exercise	Sets	Reps
T-Bend + Dips	1	8 + 3
T-Bend + Dips	1	5 + 5
T-Bend + Dips	1	3 + 8
Rest 90 seconds		
Dips + T-Bends	1	8 + 3
Dips + T-Bends	1	5 + 5
Dips + T-Bends	1	3 + 8
Rest 90 seconds before moving to next X-set		

Week 7, Day 2

X-Sets

X-Set 3:

Venus Raise +
One Arm Dumbbell Row (Wide)

Exercise	Sets	Reps
Venus Raise + One Arm Dumbbell Row (Wide)	1	13 + 5
Venus Raise + One Arm Dumbbell Row (Wide)	1	8 + 8
Venus Raise + One Arm Dumbbell Row (Wide)	1	5 + 13
Rest 90 seconds		
One Arm Dumbbell Row (Wide) + Venus Raise	1	13 + 5
One Arm Dumbbell Row (Wide) + Venus Raise	1	8 + 8
One Arm Dumbbell Row (Wide) + Venus Raise	1	5 + 13
Rest 90 seconds before moving to next X-set		

X-Set 4:

Stability Ball Curl Up+ Pullovers

Exercise	Sets	Reps
Stability Ball Curl Up + Pullovers	1	21 + 8
Stability Ball Curl Up + Pullovers	1	13 + 13
Stability Ball Curl Up + Pullovers	1	8 + 21
Rest 90 seconds		
Pullovers + Stability Ball Curl Up	1	21 + 8
Pullovers + Stability Ball Curl Up	1	13 + 13
Pullovers + Stability Ball Curl Up	1	8 + 21
Rest 90 seconds before moving to next X-set		



Week 7, Day 3

X-Sets

X-Set 1:

Flat Dumbbell Press +
One Arm Dumbbell Row

Exercise	Sets	Reps
Flat Dumbbell Press + One Arm Dumbbell Row	1	8 + 3
Flat Dumbbell Press + One Arm Dumbbell Row	1	5 + 5
Flat Dumbbell Press + One Arm Dumbbell Row	1	3 + 8
Rest 90 seconds		
One Arm Dumbbell Row + Flat Dumbbell Press	1	8 + 3
One Arm Dumbbell Row + Flat Dumbbell Press	1	5 + 5
One Arm Dumbbell Row + Flat Dumbbell Press	1	3 + 8
Rest 90 seconds before moving to next X-set		

X-Set 2:

Bowler Squat + Stiff Leg Deadlift

Exercise	Sets	Reps
Bowler Squat + Stiff Leg Deadlift	1	8 + 3
Bowler Squat + Stiff Leg Deadlift	1	5 + 5
Bowler Squat + Stiff Leg Deadlift	1	3 + 8
Rest 90 seconds		
Stiff Leg Deadlift + Bowler Squat	1	8 + 3
Stiff Leg Deadlift + Bowler Squat	1	5 + 5
Stiff Leg Deadlift + Bowler Squat	1	3 + 8
Rest 90 seconds before moving to next X-set		



Week 7, Day 3

X-Sets

X-Set 3:

Standing Dumbbell Curls +
Overhead Tricep Extensions

Exercise	Sets	Reps
Standing Dumbbell Curls + Overhead Tricep Extensions	1	13 + 5
Standing Dumbbell Curls + Overhead Tricep Extensions	1	8 + 8
Standing Dumbbell Curls + Overhead Tricep Extensions	1	5 + 13
Rest 90 seconds		
Overhead Tricep Extension + Standing Dumbbell Curls	1	13 + 5
Overhead Tricep Extension + Standing Dumbbell Curls	1	8 + 8
Overhead Tricep Extension + Standing Dumbbell Curls	1	5 + 13
Rest 90 seconds before moving to next X-set		

X-Set 4:

Pullovers + Stability Ball Rollouts

Exercise	Sets	Reps
Pullovers + Stability Ball Rollouts	1	21 + 8
Pullovers + Stability Ball Rollouts	1	13 + 13
Pullovers + Stability Ball Rollouts	1	8 + 21
Rest 90 seconds		
Stability Ball Rollouts + Pullovers	1	21 + 8
Stability Ball Rollouts + Pullovers	1	13 + 13
Stability Ball Rollouts + Pullovers	1	8 + 21
Rest 90 seconds before moving to next X-set		



Week 8, Day 1

Fibonacci Pyramid Sets

Set 1: Bowler Squat			Set 2: Stiff Leg Deadlift			Set 3: Flat Dumbbell Press		
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



Week 8, Day 1

Fibonacci Pyramid Sets

Set 4: Venus Raise			Set 5: Curl & Press			Set 6: Bent Barbell Row		
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



Week 8, Day 2

Fibonacci Pyramid Sets

Set 1: Standing Dumbbell Curls			Set 2: Lying Tricep Extension			Set 3: Bent Dumbbell Row		
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



Week 8, Day 2

Fibonacci Pyramid Sets

Set 4: Flyes

Set 5: Bulgarian Split Squat

Set 6: Deadlifts

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



Week 8, Day 3

Fibonacci Pyramid Sets

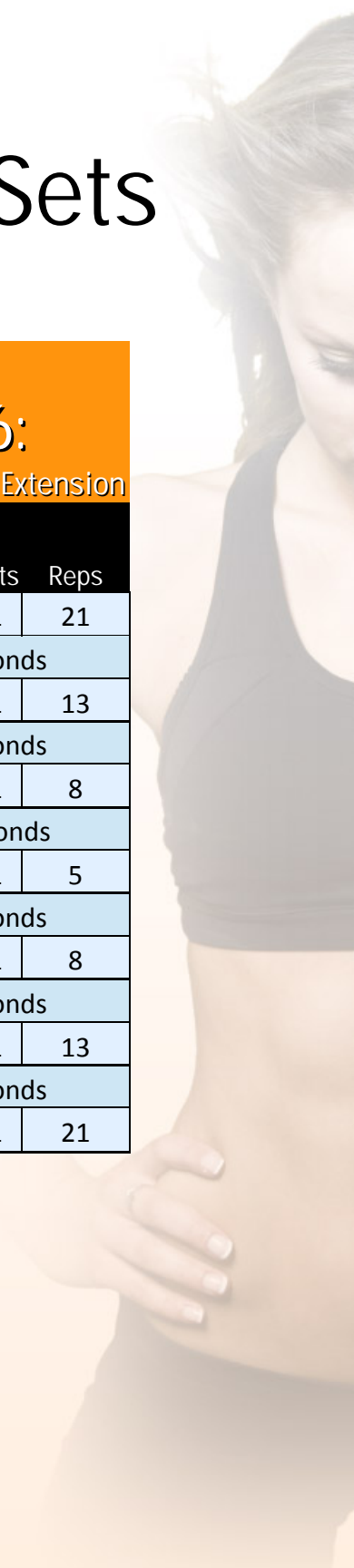
Set 1: Dumbbell Squat			Set 2: Double Raise			Set 3: T-Bends		
Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
Light	1	21	Light	1	21	Light	1	21
Rest 30 Seconds			Rest 30 Seconds			Rest 30 Seconds		
Moderate	1	13	Moderate	1	13	Moderate	1	13
Rest 45 Seconds			Rest 45 Seconds			Rest 45 Seconds		
Heavy	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



Week 8, Day 3

Fibonacci Pyramid Sets

Set 4: Pullovers			Set 5: Standing Dumbbell Curls			Set 6: Overhead Tricep Extension		
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



Week 9, Day 1

Progressive Venus Pyramids

Pyramid 1			Pyramid 2		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Dumbbell Squat	21		Flat Dumbbell Press	21	
Set 2 (do the following 2 exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Dumbbell Squat	13		Flat Dumbbell Press	13	
Stiff Leg Deadlift	8		Flyes	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Dumbbell Squat	7		Flat Dumbbell Press	7	
Stiff Leg Deadlift	7		Flyes	7	
Curtsy Lunge	7		Push Ups	7	
Set 4 (do the following 2 exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Dumbbell Squat	13		Flat Dumbbell Press	13	
Stiff Leg Deadlift	8		Flyes	8	
Set 5		60	Set 5		60
Dumbbell Squat	21		Flat Dumbbell Press	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 9, Day 1

Progressive Venus Pyramids

Pyramid 3			Pyramid 4		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Shoulder Press	21		Bent Dumbbell Row	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Shoulder Press	13		Bent Dumbbell Row	13	
Lateral Raise	8		One Arm Dumbbell Row	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Shoulder Press	7		Bent Dumbbell Row	7	
Lateral Raise	7		One Arm Dumbbell Row	7	
Upright Row	7		Bent Lateral Raise	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Shoulder Press	13		Bent Dumbbell Row	13	
Lateral Raise	8		One Arm Dumbbell Row	8	
Set 5		60	Set 5		60
Shoulder Press	21		Bent Dumbbell Row	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 9, Day 1

Progressive Venus Pyramids

Pyramid 5

Exercise	Reps	Rest (sec)
Set 1		
Pullovers	21	
Set 2 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Rollout	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Pullovers	7	
Stability Ball Rollout	7	
Stability Ball Curl Up	7	
Set 4 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Rollout	8	
Set 5		60
Pullovers	21	



Week 9, Day 2

Progressive Venus Pyramids

Pyramid 1			Pyramid 2		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Dips	21		Stiff Leg Deadlift	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Dips	13		Stiff Leg Deadlift	13	
Upright Dumbbell Row	8		Curtsy Lunge	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Dips	7		Stiff Leg Deadlift	7	
Upright Dumbbell Row	7		Curtsy lunge	7	
Venus Raise	7		One Leg Get-ups	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Dips	13		Stiff Leg Deadlift	13	
Upright Dumbbell Row	8		Curtsy lunge	8	
Set 5		60	Set 5		60
Dips	21		Stiff Leg Deadlift	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 9, Day 2

Progressive Venus Pyramids

Pyramid 3			Pyramid 4		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Lateral Raise	21		Lying Tricep Extension	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Lateral Raise	13		Lying Tricep Extension	13	
Bent Lateral Raise	8		Standing Dumbbell Curls	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Lateral Raise	7		Lying Tricep Extension	7	
Bent Lateral Raise	7		Standing Dumbbell Curls	7	
Venus Raise	7		Curl & Press	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Lateral Raise	13		Lying Tricep Extension	13	
Bent Lateral Raise	8		Standing Dumbbell Curls	8	
Set 5		60	Set 5		60
Lateral Raise	21		Lying Tricep Extension	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 9, Day 2

Progressive Venus Pyramids

Pyramid 5

Exercise	Reps	Rest (sec)
Set 1		
Stability Ball Curl Ups	21	
Set 2 (do the following two exercises back to back with no rest)		60
Stability Ball Curl Ups	13	
Stability Ball Roll Out	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Stability Ball Curl Ups	7	
Stability Ball Roll Out	7	
Plank	30 sec hold	
Set 4 (do the following two exercises back to back with no rest)		60
Stability Ball Curl Ups	13	
Stability Ball Roll Out	8	
Set 5		60
Stability Ball Curl Ups	21	



Week 9, Day 3

Progressive Venus Pyramids

Pyramid 1			Pyramid 2		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Pullover	21		Push Ups	21	
Set 2 (do the following two exercises back to back with no rest)			Set 2 (do the following two exercises back to back with no rest)		
Pullover	13	60	Push Ups	13	60
One Arm Dumbbell Row	8		Lateral Raises	8	
Set 3 (do the following 3 exercises back to back to back with no rest)			Set 3 (do the following 3 exercises back to back to back with no rest)		
Pullover	7	60	Push Ups	7	60
One Arm Dumbbell Row	7		Lateral Raises	7	
Venus Raise	7		Dips	7	
Set 4 (do the following two exercises back to back with no rest)			Set 4 (do the following two exercises back to back with no rest)		
Pullover	13	60	Push Ups	13	60
One Arm Dumbbell Row	8		Lateral Raises	8	
Set 5			Set 5		
Pullover	21	60	Push Ups	21	60
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 9, Day 3

Progressive Venus Pyramids

Pyramid 3			Pyramid 4		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Bowler Squat	21		Standing Dumbbell Curls	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Bowler Squat	13		Standing Dumbbell Curls	13	
T-bend	8		Overhead Tricep Extension	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Bowler Squat	7		Standing Dumbbell Curls	7	
T-Bend	7		Overhead Tricep Extension	7	
Curtsy Lunge	7		Curl & Press	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Bowler Squat	13		Standing Dumbbell Curls	13	
T-Bend	8		Overhead Tricep Extension	8	
Set 5		60	Set 5		60
Bowler Squat	21		Standing Dumbbell Curls	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 9, Day 3

Progressive Venus Pyramids

Pyramid 5

Exercise	Reps	Rest (sec)
Set 1		
Stability Ball Roll Outs	21	
Set 2 (do the following two exercises back to back with no rest)		60
Stability Ball Roll Outs	13	
Stability Ball Curl Up	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Stability Ball Roll Outs	7	
Stability Ball Curl Up	7	
Plank	30 sec hold	
Set 4 (do the following two exercises back to back with no rest)		60
Stability Ball Roll Outs	13	
Stability Ball Curl Up	8	
Set 5		60
Stability Ball Roll Outs	21	



Week 10, Day 1

Progressive Venus Pyramids

Pyramid 1			Pyramid 2		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Deadlift	21		Flat Dumbbell Press	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Deadlift	13		Flat Dumbbell Press	13	
Curtsy Lunge	8		Pullovers	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Deadlift	7		Flat Dumbbell Press	7	
Curtsy lunge	7		Pullovers	7	
T- Bend	7		Dips	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Deadlift	13		Flat Dumbbell Press	13	
Curtsy lunge	8		Pullovers	8	
Set 5		60	Set 5		60
Deadlift	21		Flat Dumbbell Press	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 10, Day 1

Progressive Venus Pyramids

Pyramid 3		
Exercise	Reps	Rest (sec)
Set 1		
Curl & Press	21	
Set 2 (do the following two exercises back to back with no rest)		60
Curl & Press	13	
Lateral Raises	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Curl & Press	7	
Lateral Raises	7	
Venus Raise	7	
Set 4 (do the following two exercises back to back with no rest)		60
Curl & Press	13	
Lateral Raises	8	
Set 5		60
Curl & Press	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid		

Pyramid 4		
Exercise	Reps	Rest (sec)
Set 1		
One Arm Dumbbell Row	21	
Set 2 (do the following two exercises back to back with no rest)		60
One Arm Dumbbell Row	13	
Pullovers	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
One Arm Dumbbell Row	7	
Pullovers	7	
Bent Lateral Raise	7	
Set 4 (do the following two exercises back to back with no rest)		60
One Arm Dumbbell Row	13	
Pullovers	8	
Set 5		60
One Arm Dumbbell Row	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 10, Day 1

Progressive Venus Pyramids

Pyramid 5

Exercise	Reps	Rest (sec)
Set 1		
Stability Ball Roll Out	21	
Set 2 (do the following two exercises back to back with no rest)		60
Stability Ball Roll Out	13	
Stability Ball Curl Up	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Stability Ball Roll Out	7	
Stability Ball Curl Up	7	
Plank	30 Sec Hold	
Set 4 (do the following two exercises back to back with no rest)		60
Stability Ball Roll Out	13	
Stability Ball Curl Up	8	
Set 5		60
Stability Ball Roll Out	21	



Week 10, Day 2

Progressive Venus Pyramids

Pyramid 1			Pyramid 2		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Shoulder Press	21		Bent Dumbbell Row	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Shoulder Press	13		Bent Dumbbell Row	13	
Dips	8		Pullovers	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Shoulder Press	7		Bent Dumbbell Row	7	
Dips	7		Pullovers	7	
Venus Raise	7		One Arm Dumbbell Row	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Shoulder Press	13		Bent Dumbbell Row	13	
Dips	8		Pullovers	8	
Set 5		60	Set 5		60
Shoulder Press	21		Bent Dumbbell Row	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 10, Day 2

Progressive Venus Pyramids

Pyramid 3		
Exercise	Reps	Rest (sec)
Set 1		
Dumbbell Squat	21	
Set 2 (do the following two exercises back to back with no rest)		60
Dumbbell Squat	13	
T-Bend	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Dumbbell Squat	7	
T-Bend	7	
One Leg Get-Ups	7	
Set 4 (do the following two exercises back to back with no rest)		60
Dumbbell Squat	13	
T-Bend	8	
Set 5		60
Dumbbell Squat	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid		

Pyramid 4		
Exercise	Reps	Rest (sec)
Set 1		
Stiff Leg Deadlift	21	
Set 2 (do the following two exercises back to back with no rest)		60
Stiff Leg Deadlift	13	
Step Ups	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Stiff Leg Deadlift	7	
Step Ups	7	
Curtsy Lunge	7	
Set 4 (do the following two exercises back to back with no rest)		60
Stiff Leg Deadlift	13	
Step Ups	8	
Set 5		60
Stiff Leg Deadlift	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 10, Day 2

Progressive Venus Pyramids

Pyramid 5

Exercise	Reps	Rest (sec)
Set 1		
Pullovers	21	
Set 2 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Rollout	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Pullovers	7	
Stability Ball Rollout	7	
Plank	30 Sec Hold	
Set 4 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Rollout	8	
Set 5		60
Pullovers	21	



Week 10, Day 3

Progressive Venus Pyramids

Pyramid 1			Pyramid 2		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Bowler Squat	21		Y-Squat	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Bowler Squat	13		Y-Squat	13	
Bulgarian Split Squat	8		T-Bend	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Bowler Squat	7		Y-Squat	7	
Bulgarian Split Squat	7		T-Bend	7	
Curtsy Lunge	7		Curtsy Lunge	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Bowler Squat	13		Y-Squat	13	
Bulgarian Split Squat	8		T-Bend	8	
Set 5		60	Set 5		60
Bowler Squat	21		Y-Squat	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 10, Day 3

Progressive Venus Pyramids

Pyramid 3		
Exercise	Reps	Rest (sec)
Set 1		
Dips	21	
Set 2 (do the following two exercises back to back with no rest)		60
Dips	13	
Push Ups	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Dips	7	
Push Ups	7	
Plank	30 Sec Hold	
Set 4 (do the following two exercises back to back with no rest)		60
Dips	13	
Push Ups	8	
Set 5		60
Dips	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid		

Pyramid 4		
Exercise	Reps	Rest (sec)
Set 1		
Bent Barbell Row	21	
Set 2 (do the following two exercises back to back with no rest)		60
Bent Barbell Row	13	
One Arm Dumbbell Row	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Bent Barbell Row	7	
One Arm Dumbbell Row	7	
Venus Raise	7	
Set 4 (do the following two exercises back to back with no rest)		60
Bent Barbell Row	13	
One Arm Dumbbell Row	8	
Set 5		60
Bent Barbell Row	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 10, Day 3

Progressive Venus Pyramids

Pyramid 5

Exercise	Reps	Rest (sec)
Set 1		
Pullovers	21	
Set 2 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Rollouts	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Pullovers	7	
Stability Ball Rollouts	7	
Stability Ball Curl Ups	7	
Set 4 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Rollouts	8	
Set 5		60
Pullovers	21	



Week 11, Day 1

Progressive Venus Pyramids

Pyramid 1			Pyramid 2		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Sumo Deadlift	21		Flat Dumbbell Press	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Sumo Deadlift	13		Flat Dumbbell Press	13	
T-Bend	8		Flyes	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Sumo Deadlift	7		Flat Dumbbell Press	7	
T-Bend	7		Flyes	7	
Stiff Leg Deadlift	7		Push Ups	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Sumo Deadlift	13		Flat Dumbbell Press	13	
T-Bend	8		Flyes	8	
Set 5		60	Set 5		60
Sumo Deadlift	21		Flat Dumbbell Press	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 11, Day 1

Progressive Venus Pyramids

Pyramid 3		
Exercise	Reps	Rest (sec)
Set 1		
Bent Dumbbell Row	21	
Set 2 (do the following two exercises back to back with no rest)		60
Bent Dumbbell Row	13	
One Arm Dumbbell Row Wide	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Bent Dumbbell Row	7	
One Arm Dumbbell Row Wide	7	
Bent Lateral Raise	7	
Set 4 (do the following two exercises back to back with no rest)		60
Bent Dumbbell Row	13	
One Arm Dumbbell Row Wide	8	
Set 5		60
Bent Dumbbell Row	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid		

Pyramid 4		
Exercise	Reps	Rest (sec)
Set 1		
Full Front Raise	21	
Set 2 (do the following two exercises back to back with no rest)		60
Full Front Raise	13	
Lateral Raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Full Front Raise	7	
Lateral Raise	7	
Bent Lateral Raise	7	
Set 4 (do the following two exercises back to back with no rest)		60
Full Front Raise	13	
Lateral Raise	8	
Set 5		60
Full Front Raise	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 11, Day 1

Progressive Venus Pyramids

Pyramid 5

Exercise	Reps	Rest (sec)
Set 1		
Pullovers	21	
Set 2 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Curl Ups	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Pullovers	7	
Stability Ball Curl Ups	7	
Plank	30 sec hold	
Set 4 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Curl Ups	8	
Set 5		60
Pullovers	21	



Week 11, Day 2

Progressive Venus Pyramids

Pyramid 1			Pyramid 2		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Shoulder Press	21		Bent Barbell Row	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Shoulder Press	13		Bent Barbell Row	13	
Lateral Raise	8		Pullovers	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Shoulder Press	7		Bent Barbell Row	7	
Lateral Raise	7		Pullovers	7	
Bent Lateral Raise	7		Bent Lateral Raise	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Shoulder Press	13		Bent Barbell Row	13	
Lateral Raise	8		Pullovers	8	
Set 5		60	Set 5		60
Shoulder Press	21		Bent Barbell Row	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 11, Day 2

Progressive Venus Pyramids

Pyramid 3			Pyramid 4		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Dumbbell Squat	21		Stiff Leg Deadlift	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Dumbbell Squat	13		Stiff Leg Deadlift	13	
Curtsy Lunge	8		T-Bend	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Dumbbell Squat	7		Stiff Leg Deadlift	7	
Curtsy Lunge	7		T-Bend	7	
Step Ups	7		Reverse Lunge	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Dumbbell Squat	13		Stiff Leg Deadlift	13	
Curtsy Lunge	8		T-Bend	8	
Set 5		60	Set 5		60
Dumbbell Squat	21		Stiff Leg Deadlift	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 11, Day 2

Progressive Venus Pyramids

Pyramid 5

Exercise	Reps	Rest (sec)
Set 1		
Stability Ball Roll Out	21	
Set 2 (do the following two exercises back to back with no rest)		60
Stability Ball Roll Out	13	
Stability Ball Curl Up	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Stability Ball Roll Out	7	
Stability Ball Curl Up	7	
Plank	30 Sec hold	
Set 4 (do the following two exercises back to back with no rest)		60
Stability Ball Roll Out	13	
Stability Ball Curl Up	8	
Set 5		60
Stability Ball Roll Out	21	



Week 11, Day 3

Progressive Venus Pyramids

Pyramid 1			Pyramid 2		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Step Ups	21		Sumo Deadlift	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Step Ups	13		Sumo Deadlift	13	
Curtsy Lunge	8		Pike Front Raise	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Step Ups	7		Sumo Deadlift	7	
Curtsy lunge	7		Pike Front Raise	7	
T-Bend	7		Mountain Climbers	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Step Ups	13		Sumo Deadlift	13	
Curtsy lunge	8		Pike Front Raise	8	
Set 5		60	Set 5		60
Step Ups	21		Sumo Deadlift	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 11, Day 3

Progressive Venus Pyramids

Pyramid 3			Pyramid 4		
Exercise	Reps	Rest (sec)	Exercise	Reps	Rest (sec)
Set 1			Set 1		
Curl & Press	21		Lying Tricep Extension	21	
Set 2 (do the following two exercises back to back with no rest)		60	Set 2 (do the following two exercises back to back with no rest)		60
Curl & Press	13		Lying Tricep Extension	13	
Upright Dumbbell Row	8		Overhead Tricep Extension	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60	Set 3 (do the following 3 exercises back to back to back with no rest)		60
Curl & Press	7		Lying Tricep Extension	7	
Upright Dumbbell Row	7		Overhead Tricep Extension	7	
Seated Curls	7		Dips	7	
Set 4 (do the following two exercises back to back with no rest)		60	Set 4 (do the following two exercises back to back with no rest)		60
Curl & Press	13		Lying Tricep Extension	13	
Upright Dumbbell Row	8		Overhead Tricep Extension	8	
Set 5		60	Set 5		60
Curl & Press	21		Lying Tricep Extension	21	
Rest 90 seconds before moving to next Progressive Venus Pyramid			Rest 90 seconds before moving to next Progressive Venus Pyramid		



Week 11, Day 3

Progressive Venus Pyramids

Pyramid 5

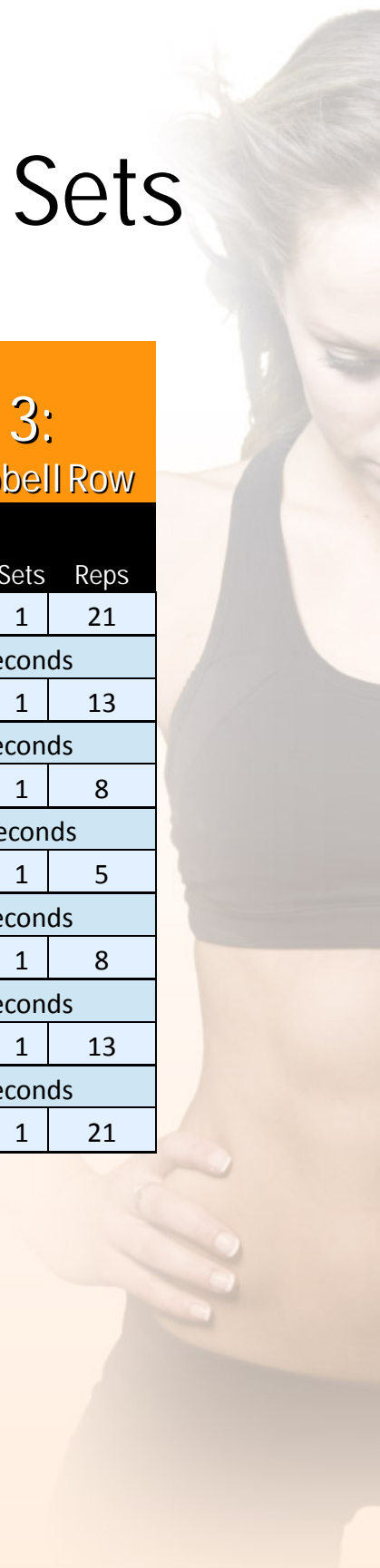
Exercise	Reps	Rest (sec)
Set 1		
Pullovers	21	
Set 2 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Curl Up	8	
Set 3 (do the following 3 exercises back to back to back with no rest)		60
Pullovers	7	
Stability Ball Curl Up	7	
Stability Ball Rollout	7	
Set 4 (do the following two exercises back to back with no rest)		60
Pullovers	13	
Stability Ball Curl Up	8	
Set 5		60
Pullovers	21	



Week 12, Day 1

Fibonacci Pyramid Sets

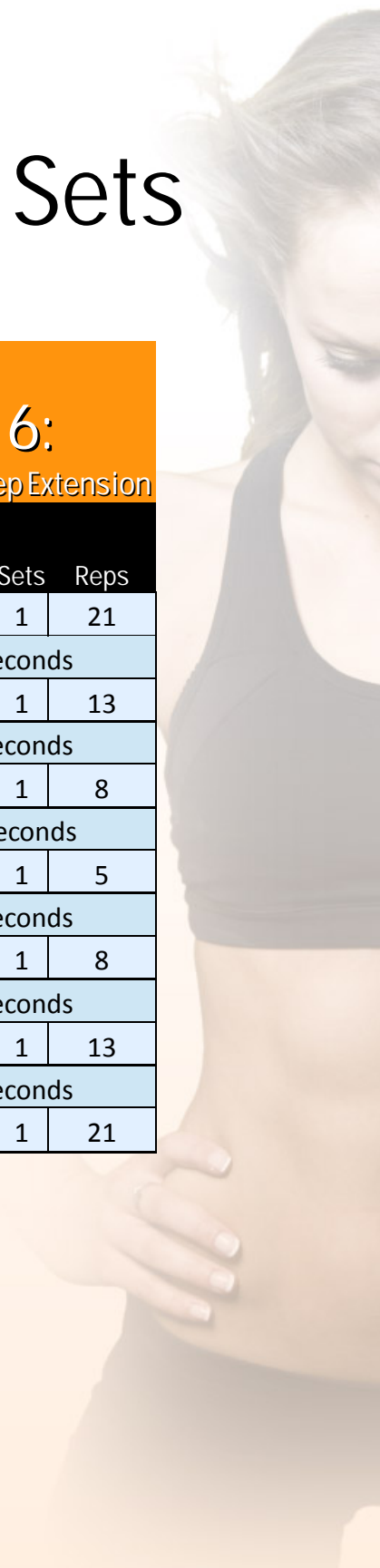
Set 1: Sumo Deadlift			Set 2: Bulgarian Split Squat			Set 3: Bent Dumbbell Row		
Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
Light	1	21	Light	1	21	Light	1	21
Rest 30 Seconds			Rest 30 Seconds			Rest 30 Seconds		
Moderate	1	13	Moderate	1	13	Moderate	1	13
Rest 45 Seconds			Rest 45 Seconds			Rest 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



Week 12, Day 1

Fibonacci Pyramid Sets

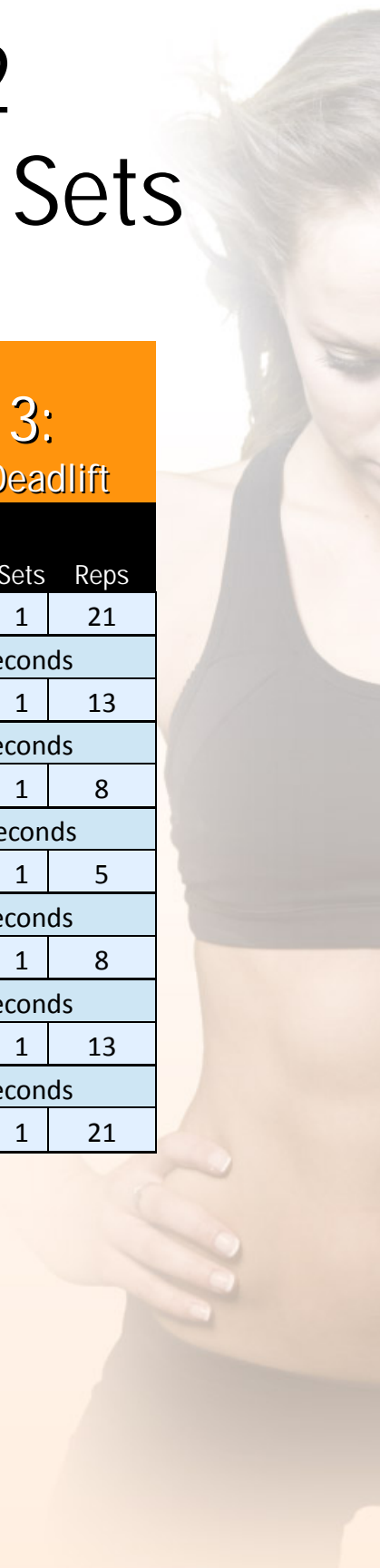
Set 4: Venus Raise			Set 5: Seated Curls			Set 6: Overhead Tricep Extension		
Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps
Light	1	21	Light	1	21	Light	1	21
Rest 30 Seconds			Rest 30 Seconds			Rest 30 Seconds		
Moderate	1	13	Moderate	1	13	Moderate	1	13
Rest 45 Seconds			Rest 45 Seconds			Rest 45 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



Week 12, Day 2

Fibonacci Pyramid Sets

Set 1: Bowler Squat			Set 2: Lateral Raise			Set 3: Stiff Leg Deadlift		
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



Week 12, Day 2

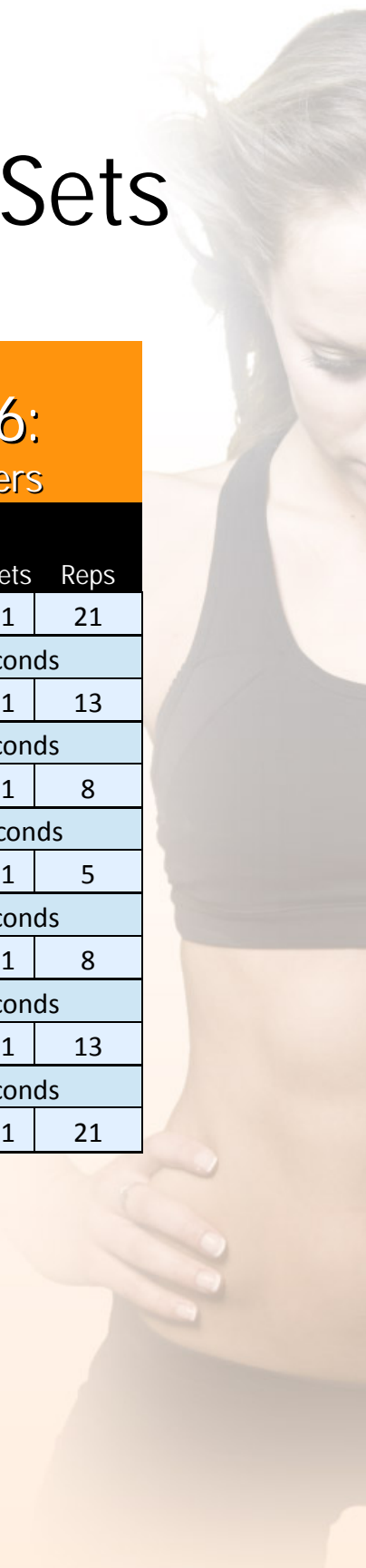
Fibonacci Pyramid Sets

Set 4: Shoulder Press

Set 5: Step Ups

Set 6: Pullovers

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



Week 12, Day 3

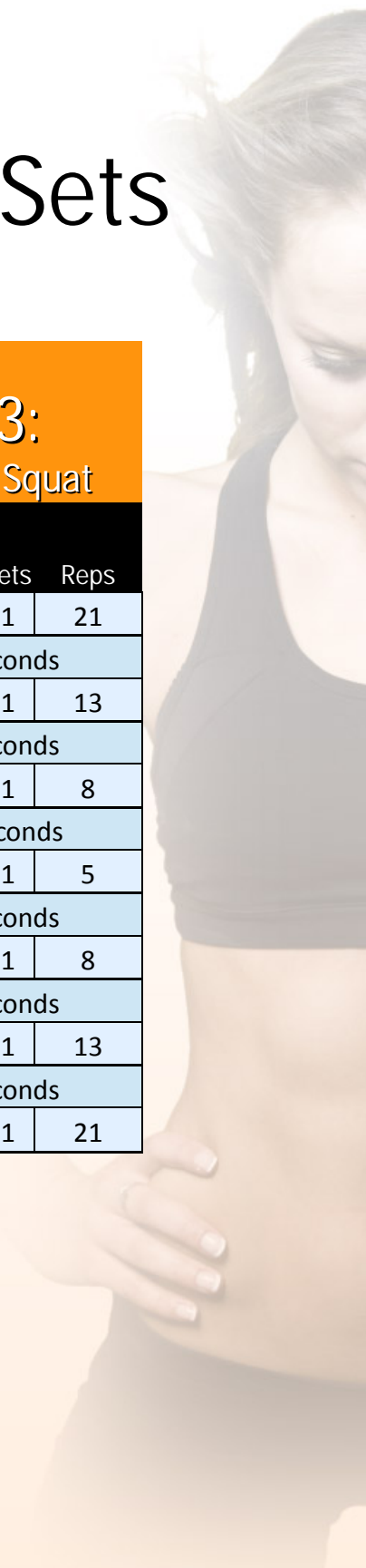
Fibonacci Pyramid Sets

Set 1:
Deadlift

Set 2:
Flyes

Set 3:
Dumbbell Squat

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



Week 12, Day 3

Fibonacci Pyramid Sets

Set 4:

One Arm Dumbbell Row

Set 5:

Lying 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

