

THE VENUS FACTOR WORKOUT

A muscular woman is shown from the back, flexing her back muscles. She is wearing a white tank top with a small logo on the back. The background is a clear blue sky. The text 'THE VENUS FACTOR WORKOUT' is written in large, yellow, stylized letters at the top. Below it, in white, bold letters, is '12-Week Fat Burning and Muscle Toning Workout'. At the bottom right, in yellow, bold letters, is 'BY: JOHN BARBAN'. At the bottom left, in small white letters, is 'UPDATED 6-16-2014'.

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

BY: JOHN BARBAN

UPDATED 6-16-2014

Venus Factor Workout Manual

Robert R. Redfield



Venus Factor Workout Manual:

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