



The
Venus Index Workout

Muscle Specialization Workouts

Arms, Shoulders, Chest, Back, Legs, Butt

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Venus Index Specialization Workouts

The Venus Index specialization workouts are designed to target six major muscle group categories.

1) Arms

2) Back

3) Chest

4) Legs

5) Shoulders

6) Butt (I suppose glutes or, booty could have also been used to name this one, but I don't know that either of those sound any better...so I decided to just call it "butt")

How to Incorporate Specializations into your Workout

Each specialization workout is a four week program with two workouts per week. Each workout is called a 'module'. Some modules take longer to complete than others, but in general most will be much shorter than a regular Venus Index workout or a Venus Index circuit workout.

Adding a module on your existing workout day

When adding a specialization to your existing workout day you can experiment adding it before or after your regular workout.

Adding modules on your "Off" days

You can do a specialization workout on your 'off' days when you have no other scheduled weight training workouts. On an off day you can do up to two modules for two different muscle groups.

Never do more than 1 module of the same muscle group in the same day.

Weekly Volume

You can add 2-4 specialization modules per week to the main Venus Index workout or the 3 day per week Venus Index Circuit routine.

If you're doing four days per week of VI circuits I recommend adding only 1-2 specialization modules per week.

The maximum number of modules I suggest adding per week for a specific muscle group is 2. This is how the program is laid out. You may want to only add 1 per week if you're doing 4 other VI workouts.

The maximum number of total modules I suggest adding per week is 4 (depending on how much work you are already doing).

Every 4 weeks do an assessment to decide if you want to change the specialization you are using. A major change would be the substitution of one muscle group to a new one. A minor change would be a modification to the total volume on an existing specialization (for example: dropping for 2 modules per week to 1 module per week for a given muscle group).

“All Specialization” Week

You can also create an all specialization week of workouts using the following rules:

- 1) Never do more than one module on the same muscle group in the same day
- 2) Only do a maximum of two modules on a given muscle group for the week
- 3) 2 modules per day max
- 4) Maximum of 10 modules for the week

You can incorporate this kind of week once every 4-6 weeks within the regular Venus Index program or the VI circuits program.

Set Types

1) Regular Set: This is a normal set of one exercise for the indicated number of reps.

2) Super Set: Indicates two exercises done back to back without rest. Complete the indicated number of reps for each exercise in order. For example, a super set of curls and overhead extensions for 10 reps means you do 10 curls, then immediately do 10 overhead extensions, and then rest. This counts as one super set.

3) Ascending Pyramid: Indicates a superset of two exercises alternating each rep as you increase from one rep up to five reps. For example, an ascending pyramid of curls and overhead extensions means you do one curl then immediate do one overhead extension, then you do two curls and two overhead extensions, and then three of each up until you've done five of each.

Ascending Pyramid Set Template Example

Ascending Pyramid Set	
Exercise	# of Reps
Lateral Raise	1
Front Raise	1
Lateral Raise	2
Front Raise	2
Lateral Raise	3
Front Raise	3
Lateral Raise	4
Front Raise	4
Lateral Raise	5
Front Raise	5

[Click here to watch a video example of an ascending pyramid](#)

Whenever you see “ascending pyramid” in the program it’s meant to be done as outlined in the example ascending pyramid chart above. **All exercise videos for ascending pyramid sets are filmed as ascending pyramids of 3 reps (in the program you will continue up to 5 reps).**

4) Fibonacci Pyramids: A Fibonacci pyramid set is actually 7 sets of the same exercise done with minimal rest between each set in the following pattern:

Fibonacci Pyramid				
Exercise	Set	# of Reps	Weight	Rest (seconds)
Dumbbell Curl	1	21	Light	45
	2	13	Medium-Light	45
	3	8	Medium	60
	4	5	Heavy	60
	5	8	Medium	60
	6	13	Medium-Light	45
	7	21	Light	-

The key is that you start with high reps and light weight, then work up to higher weights with lower reps and finish with lighter weights and high reps again.

5) Super Fibonacci Pyramid: A Super Fibonacci pyramid is two exercises done as a Fibonacci pyramid in a super set fashion. The following example is a super Fibonacci pyramid for biceps and triceps. At the higher rep ranges choose lighter weights and as the reps get lower use progressively heavier weights peaking with the highest weight for the 5 rep set.

Super Fibonacci Pyramid				
Exercise	Set	# of Reps	Weight	Rest (seconds)
Standing Dumbbell Curl	1	21	Light	45
Lying Tricep Extension	1	21	Light	45
Standing Dumbbell Curl	1	13	Medium-Light	45
Lying Tricep Extension	1	13	Medium-Light	45
Standing Dumbbell Curl	1	8	Medium-heavy	60
Lying Tricep Extension	1	8	Medium-heavy	60
Standing Dumbbell Curl	1	5	Heavy	60
Lying Tricep Extension	1	5	Heavy	60
Standing Dumbbell Curl	1	8	Medium-heavy	60
Lying Tricep Extension	1	8	Medium-heavy	60
Standing Dumbbell Curl	1	13	Medium-Light	45
Lying Tricep Extension	1	13	Medium-Light	45
Standing Dumbbell Curl	1	21	Light	45
Lying Tricep Extension	1	21	Light	-

6) Wave Set: Is a group of sets done on the **same exercise** alternating between higher reps and lighter weights with lower reps and heavier weights throughout a progression of sets.

Example of a wave set for standing dumbbell curls:

Wave set template

Wave Set			
Exercise	# of Reps	Weight	Rest (seconds)
Standing Dumbbell Curls	21	Light	45
	5	Heavy	60
	13	Medium-Light	60
	8	Medium-Heavy	60
	21	Light	45
	5	Heavy	60
	13	Medium-Light	60
	8	Medium-Heavy	-

7) Pulse Push Ups: The pulse push up is a unique exercise with a specific rep pattern. The reps of a set of pulse push ups indicated how many pulses you do between each full push up. Watch this video to learn how to do a set of pulse push ups.

[CLICK HERE TO WATCH AN EXAMPLE OF THE PULSE PUSH](#)

8) Lunge Matrix: The Lunge Matrix is a specific set of lunges mixed with bodyweight squats. Watch this video to see what one full set of the lunge matrix looks like:

[CLICK HERE TO WATCH AN EXAMPLE OF THE LUNGE MATRIX](#)

Chest Specialization Week 1

Click the name of the exercise to watch the exercise videos for this workout → [Push Up & Dip](#), [One Arm Dumbbell Press](#)

Venus Index Chest Specialization Week 1 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Ascending Pyramid	Push Up & Dip	2	5	60
Fibonacci Pyramid	One Arm Dumbbell Press	1	21	45
			13	45
			8	60
			5	60
			8	60
			13	45
			21	-

Click the name of the exercise to watch the exercise videos for this workout → [Pulse Push Up](#), [Flye](#)

Venus Index Chest Specialization Week 1 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Pulse Push Up	Pulse Push Up	3	3-5-8-13-21	60
Fibonacci Pyramid	Flyes	1	21	45
			13	45
			8	60
			5	60
			8	60
			13	45
			21	-

Chest Specialization Week 2

Click the name of the exercise to watch the exercise videos for this workout → [Push Up](#), [Flye & Press](#)

Venus Index Chest Specialization Week 2 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Regular	Push Up	1	12	60
Ascending Pyramid	Flye & Press	1	5	60
Regular	Push Up	1	12	60
Ascending Pyramid	Flye & Press	1	5	60
Regular	Push Up	1	12	60
Ascending Pyramid	Flye & Press	1	5	60
Regular	Push Up	1	12	60

Click the name of the exercise to watch the exercise videos for this workout → [Flat Dumbbell Press](#), [Flye](#)

Venus Index Chest Specialization Week 2 Module 2				
Set Type	Exercise	Set	Reps	Rest (seconds)
Super Fibonacci Pyramid	Flat Dumbbell Press	1	21	45
	Flye	1	21	45
	Flat Dumbbell Press	1	13	45
	Flye	1	13	45
	Flat Dumbbell Press	1	8	60
	Flye	1	8	60
	Flat Dumbbell Press	1	5	60
	Flye	1	5	60
	Flat Dumbbell Press	1	8	60
	Flye	1	8	60
	Flat Dumbbell Press	1	13	45
	Flye	1	13	45
	Flat Dumbbell Press	1	21	45
	Flye	1	21	-

Chest Specialization Week 3

Click the name of the exercise to watch the exercise videos for this workout → [Flat Dumbbell Press](#), [Flye](#)

Venus Index Chest Specialization Week 3 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Wave Set	Flat Dumbbell Press	1	21	45
		1	5	60
		1	13	60
		1	8	60
		1	21	45
		1	5	60
		1	13	60
		1	8	60
Regular	Flyes	2	13	60

Click the name of the exercise to watch the exercise videos for this workout → [Pulse Push Up](#), [Flye](#)

Venus Index Chest Specialization Week 3 Module 2				
Set Type	Exercise	Sets	Reps	Rest (Seconds)
Pulse Push Up	Pulse Push Up	1	3-5-8-13-21	60
Regular	Flyes	1	8	60
Pulse Push Up	Pulse Push Up	1	3-5-8-13	60
Regular	Flyes	1	8	60
Pulse Push Up	Pulse Push Up	1	3-5-8	60
Regular	Flyes	1	13	60
Pulse Push Up	Pulse Push Up	1	3-5-8	60
Regular	Flyes	1	21	60

Chest Specialization Week 4

Click the name of the exercise to watch the exercise videos for this workout → [Push Up](#), [Flyes](#), [Dips](#)

Venus Index Chest Specialization Week 4 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Super Set	Push Up + Flyes	3	10 + 10	60
Super Set	Flyes + Dips	3	10 + 10	60

Click the name of the exercise to watch the exercise videos for this workout → [Flat Dumbbell Press](#), [Flye](#)

Venus Index Chest Specialization Week 4 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Fibonacci Pyramid	Flat Dumbbell Press	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-
Fibonacci Pyramid	Flyes	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-

Back Specialization Week 1

Click the name of the exercise to watch the exercise videos for this workout → [Bent Straight Arm Lateral & Narrow Raise](#), [Bent Dumbbell Row](#)

Venus Index Back Specialization Week 1 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Ascending Pyramid	Bent Straight Arm Lateral & Narrow Raise	3	5	60
Fibonacci Pyramid	Bent Dumbbell Row	1	21	45
			13	45
			8	60
			5	60
			8	60
			13	45
			21	-

Click the name of the exercise to watch the exercise videos for this workout → [Dumbbell Row Narrow](#), [Pullovers](#)

Venus Index Back Specialization Week 1 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Regular	Dumbbell Row Narrow	3	12	60
Fibonacci Pyramid	Pullovers	1	21	45
			13	45
			8	60
			5	60
			8	60
			13	45
			21	-

Back Specialization Week 2

Click the name of the exercise to watch the exercise videos for this workout → [Unassisted Dumbbell Row](#), [Deadlift](#)

Venus Index Back Specialization Week 2 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Regular	Unassisted Dumbbell Row	1	12	60
Regular	Deadlift	1	8	60
Regular	Unassisted Dumbbell Row	1	12	60
Regular	Deadlift	1	8	60
Regular	Unassisted Dumbbell Row	1	12	60
Regular	Deadlift	1	8	60
Regular	Unassisted Dumbbell Row	1	12	60
Regular	Deadlift	1	8	60
Regular	Unassisted Dumbbell Row	1	12	60

Click the name of the exercise to watch the exercise videos for this workout → [Bent Dumbbell Row Wide](#), [Pullover](#)

Venus Index Back Specialization Week 2 Module 2				
Set Type	Exercise	Set	Reps	Rest (seconds)
Super Fibonacci Pyramid	Bent Dumbbell Row Wide	1	21	45
	Pullover	2	21	45
	Bent Dumbbell Row Wide	3	13	45
	Pullover	4	13	45
	Bent Dumbbell Row Wide	5	8	60
	Pullover	6	8	60
	Bent Dumbbell Row Wide	7	5	60
	Pullover	8	5	60
	Bent Dumbbell Row Wide	9	8	60
	Pullover	10	8	60
	Bent Dumbbell Row Wide	11	13	45
	Pullover	12	13	45
	Bent Dumbbell Row Wide	13	21	45
	Pullover	14	21	-

Back Specialization Week 3

Click the name of the exercise to watch the exercise videos for this workout → [Dumbbell Row Narrow](#), [Pullover](#)

Venus Index Back Specialization Week 3 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Wave Set	Dumbbell Row Narrow	1	21	45
		1	5	60
		1	13	60
		1	8	60
		1	21	45
		1	5	60
		1	13	60
		1	8	60
Regular	Pullover	2	21	60

Click the name of the exercise to watch the exercise videos for this workout → [Unassisted Dumbbell Row](#), [Bent Dumbbell Row Wide](#)

Venus Index Back Specialization Week 3 Module 2				
Set Type	Exercise	Sets	Reps	Rest (Seconds)
Regular	Unassisted Dumbbell Row	1	21	60
Regular	Bent Dumbbell Row Wide	1	21	60
Regular	Unassisted Dumbbell Row	1	13	60
Regular	Bent Dumbbell Row Wide	1	13	60
Regular	Unassisted Dumbbell Row	1	8	60
Regular	Bent Dumbbell Row Wide	1	8	60
Regular	Unassisted Dumbbell Row	1	5	60
Regular	Bent Dumbbell Row Wide	1	5	60

Back Specialization Week 4

Click the name of the exercise to watch the exercise videos for this workout → [Dumbbell Row Narrow](#), [Pullover](#), [Deadlift](#)

Venus Index Back Specialization Week 4 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Super Set	Dumbbell Row Narrow + Pullover	1	10 + 10	60
Regular	Deadlift	1	8	60
Super Set	Dumbbell Row Narrow + Pullover	1	10 + 10	60
Regular	Deadlift	1	8	60
Super Set	Dumbbell Row Narrow + Pullover	1	10 + 10	60
Regular	Deadlift	1	8	60
Super Set	Dumbbell Row Narrow + Pullover	1	10 + 10	60
Regular	Deadlift	1	8	-

Click the name of the exercise to watch the exercise videos for this workout → [Bent Dumbbell Row Wide](#), [Unassisted Dumbbell Row](#)

Venus Index Back Specialization Week 4 Module 2				
Set Type	Exercise	# of Sets	# Reps	Rest (seconds)
Fibonacci Pyramid	Bent Dumbbell Row Wide	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-
Fibonacci Pyramid	Unassisted Dumbbell Row	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-

Arms Specialization Week 1

Click the name of the exercise to watch the exercise videos for this workout → [Concentration Curls](#), [Overhead Tricep Extension](#)

Venus Index Arms Specialization Week 1 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Regular	Concentration Curls	1	12	60
Regular	Overhead Tricep Extension	1	12	60
Regular	Concentration Curls	1	12	60
Regular	Overhead Tricep Extension	1	12	60
Regular	Concentration Curls	1	12	60
Regular	Overhead Tricep Extension	1	12	60
Regular	Concentration Curl	1	12	-

Click the name of the exercise to watch the exercise videos for this workout → [Underhand Push Up & Hammer Curl](#), [Dumbbell Curl](#), [Lying Tricep Extension](#)

Venus Index Arms Specialization Week 1 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Ascending Pyramid	Underhand Push Up & Hammer Curl	1	5	60
Ascending Pyramid	Underhand Push Up & Hammer Curl	1	5	60
Ascending Pyramid	Underhand Push Up & Hammer Curl	1	5	60
Regular	Dumbbell Curl	1	8	60
Regular	Lying Tricep Extension	1	8	60
Regular	Dumbbell Curl	1	13	60
Regular	Lying Tricep Extension	1	13	60
Regular	Dumbbell Curl	1	21	60
Regular	Lying Tricep Extension	1	21	-

Arms Specialization Week 2

Click the name of the exercise to watch the exercise videos for this workout → [Seated Tate Press & Curl](#), [Concentration Curl & Kickback](#), [Lying Tricep Extension](#), [Dumbbell Curl](#)

Venus Index Arms Specialization Week 2 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Ascending Pyramid	Seated Tate Press & Curl	1	5	60
Ascending Pyramid	Seated Tate Press & Curl	1	5	60
Ascending Pyramid	Seated Tate Press & Curl	1	5	60
Ascending Pyramid	Concentration Curl & Kickback	1	5	60
Ascending Pyramid	Concentration Curl & Kickback	1	5	60
Ascending Pyramid	Concentration Curl & Kickback	1	5	60
Regular	Lying Tricep Extension	1	21	60
Regular	Dumbbell Curl	1	21	-

Click the name of the exercise to watch the exercise videos for this workout → [Dumbbell Curls](#), [Overhead Tricep Extension](#)

Venus Index Arms Specialization Week 2 Module 2				
Set Type	Exercise	Set	Reps	Rest (seconds)
Super Fibonacci Pyramid	Dumbbell Curls	1	21	45
	Overhead Tricep Extension	1	21	45
	Dumbbell Curls	1	13	45
	Overhead Tricep Extension	1	13	45
	Dumbbell Curls	1	8	60
	Overhead Tricep Extension	1	8	60
	Dumbbell Curls	1	5	60
	Overhead Tricep Extension	1	5	60
	Dumbbell Curls	1	8	60
	Overhead Tricep Extension	1	8	60
	Dumbbell Curls	1	13	45
	Overhead Tricep Extension	1	13	45
	Dumbbell Curls	1	21	45
	Overhead Tricep Extension	1	21	-

Arms Specialization Week 3

Click the name of the exercise to watch the exercise videos for this workout → [Dumbbell Curls](#), [Lying Tricep Extension](#)

Venus Index Arms Specialization Week 3 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Wave Set	Dumbbell Curls	1	21	45
		1	5	60
		1	13	60
		1	8	60
		1	21	45
		1	5	60
		1	13	60
		1	8	60
Wave Set	Lying Tricep Extension	1	21	45
		1	5	60
		1	13	60
		1	8	60
		1	21	45
		1	5	60
		1	13	60
		1	8	-

Click the name of the exercise to watch the exercise videos for this workout → [Dumbbell Curl](#), [Overhead Tricep Extension](#)

Venus Index Arms Specialization Week 3 Module 2				
Set Type	Exercise	Sets	Reps	Rest (Seconds)
Regular	Dumbbell Curl	1	21	45
Regular	Overhead Tricep Extension	1	21	45
Regular	Dumbbell Curl	1	13	60
Regular	Overhead Tricep Extension	1	13	60
Regular	Dumbbell Curl	1	8	60
Regular	Overhead Tricep Extension	1	8	60
Regular	Dumbbell Curl	1	21	45
Regular	Overhead Tricep Extension	1	21	45
Regular	Dumbbell Curl	1	13	60
Regular	Overhead Tricep Extension	1	13	60
Regular	Dumbbell Curl	1	8	60
Regular	Overhead Tricep Extension	1	8	-

Arms Specialization Week 4

Click the name of the exercise to watch the exercise videos for this workout → [Dumbbell Curl](#), [Lying Tricep Extension](#), [Underhand Push Up & Hammer Curl](#)

Venus Index Arms Specialization Week 4 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Super Set	Dumbbell Curl + Lying Tricep Extension	1	10 + 10	90
Ascending Pyramid	Underhand Push Up & Hammer Curl	1	5	60
Super Set	Dumbbell Curl + Lying Tricep Extension	1	10 + 10	90
Ascending Pyramid	Underhand Push Up & Hammer Curl	1	5	60
Super Set	Dumbbell Curl + Lying Tricep Extension	1	10 + 10	90
Ascending Pyramid	Underhand Push Up & Hammer Curl	1	5	-

Click the name of the exercise to watch the exercise videos for this workout → [Dumbbell Curl](#), [Concentration Curls](#), [Overhead Tricep Extension](#), [Lying Tricep Extension](#)

Venus Index Arms Specialization Week 4 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Fibonacci Pyramid	Dumbbell Curl	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	60
Regular	Concentration Curls	2	13	60
Fibonacci Pyramid	Overhead Tricep Extension	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	60
Regular	Lying Tricep Extension	2	13	60

Shoulders Specialization Week 1

Click the name of the exercise to watch the exercise videos for this workout → [Venus Cross & Press](#), [Upright Row](#)

Venus Index Shoulders Specialization Week 1 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Ascending Pyramid	Venus Cross & Press	3	5	60
Fibonacci Pyramid	Upright Row	1	21	45
			13	45
			8	60
			5	60
			8	60
			13	45
			21	-

Click the name of the exercise to watch the exercise videos for this workout → [Plank Lateral & Front Raise](#), [Corkscrew Shoulder Press](#)

Venus Index Shoulders Specialization Week 1 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Ascending Pyramid	Plank Lateral & Front Raise	3	5	60
Fibonacci Pyramid	Corkscrew Shoulder Press	1	21	45
			13	45
			8	60
			5	60
			8	60
			13	45
			21	-

Shoulders Specialization Week 2

Click the name of the exercise to watch the exercise videos for this workout → [Lateral Raise](#), [Upright Row & Shoulder Press](#)

Venus Index Shoulders Specialization Week 2 Module 1				
Set Type	Exercise	Sets	# Reps	Rest (seconds)
Regular	Lateral Raise	1	12	60
Ascending Pyramid	Upright Row & Shoulder Press	1	5	60
Regular	Lateral Raise	1	12	60
Ascending Pyramid	Upright Row & Shoulder Press	1	5	60
Regular	Lateral Raise	1	12	60
Ascending Pyramid	Upright Row & Shoulder Press	1	5	60
Regular	Lateral Raise	1	12	60

Click the name of the exercise to watch the exercise videos for this workout → [Shoulder Press](#), [Lateral Raise](#)

Venus Index Shoulders Specialization Week 2 Module 2				
Set Type	Exercise	Set	Reps	Rest (seconds)
Super Fibonacci Pyramid	Shoulder Press	1	21	45
	Lateral Raise	1	21	45
	Shoulder Press	1	13	45
	Lateral Raise	1	13	45
	Shoulder Press	1	8	60
	Lateral Raise	1	8	60
	Shoulder Press	1	5	60
	Lateral Raise	1	5	60
	Shoulder Press	1	8	60
	Lateral Raise	1	8	60
	Shoulder Press	1	13	45
	Lateral Raise	1	13	45
	Shoulder Press	1	21	45
	Lateral Raise	1	21	-

Shoulders Specialization Week 3

Click the name of the exercise to watch the exercise videos for this workout → [Shoulder Press](#), [Lateral Raise](#)

Venus Index Shoulders Specialization Week 3 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Wave Set	Shoulder Press	1	21	45
		1	5	60
		1	13	60
		1	8	60
		1	21	45
		1	5	60
		1	13	60
		1	8	60
Regular	Lateral Raise	2	13	60

Click the name of the exercise to watch the exercise videos for this workout → [Lateral Raise & Front Raise](#), [Venus Cross & Press](#)

Venus Index Shoulders Specialization Week 3 Module 2				
Set Type	Exercise	Sets	Reps	Rest (Seconds)
Ascending Pyramid	Lateral Raise & Front Raise	1	5	60
Ascending Pyramid	Venus Cross & Press	1	5	60
Ascending Pyramid	Lateral Raise & Front Raise	1	5	60
Ascending Pyramid	Venus Cross & Press	1	5	60
Ascending Pyramid	Lateral Raise & Front Raise	1	5	60
Ascending Pyramid	Venus Cross & Press	1	5	60
Ascending Pyramid	Lateral Raise & Front Raise	1	5	60
Ascending Pyramid	Venus Cross & Press	1	5	60

Shoulders Specialization Week 4

Click the name of the exercise to watch the exercise videos for this workout → [Lateral Raise](#), [Shoulder Press](#), [Upright Row](#)

Venus Index Shoulders Specialization Week 4 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Super Set	Lateral Raise + Shoulder Press	1	10 + 10	90
Regular	Upright Row	1	12	60
Super Set	Lateral Raise + Shoulder Press	1	10 + 10	90
Regular	Upright Row	1	12	60
Super Set	Lateral Raise + Shoulder Press	1	10 + 10	90
Regular	Upright Row	1	12	60
Super Set	Lateral Raise + Shoulder Press	1	10 + 10	-

Click the name of the exercise to watch the exercise videos for this workout → [Corkscrew](#), [Shoulder Press](#), [Lateral Raise](#)

Venus Index Shoulders Specialization Week 4 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Fibonacci Pyramid	Corkscrew Shoulder Press	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-
Fibonacci Pyramid	Lateral Raise	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-

Legs Specialization Week 1

Click the name of the exercise to watch the exercise videos for this workout → [T-bend & Bench Step](#), [Bowler Squat & Calf Raise](#)

Venus Index Legs Specialization Week 1 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Ascending Pyramid	T-bend & Bench Step	4	5	60
Fibonacci Pyramid	Bowler Squat & Calf Raise	1	21	45
			13	45
			8	60
			5	60
			8	60
			13	45
			21	-

Click the name of the exercise to watch the exercise videos for this workout → [Stiff Leg Deadlift](#), [Narrow Stance Squat](#)

Venus Index Legs Specialization Week 1 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Regular	Stiff Leg Deadlift	3	13	60
Fibonacci Pyramid	Narrow Stance Squat	1	21	45
			13	45
			8	60
			5	60
			8	60
			13	45
			21	-

Legs Specialization Week 2

Click the name of the exercise to watch the exercise videos for this workout → [Narrow Stance Squat, T-bend & Bench Step](#)

Venus Index Legs Specialization Week 2 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Regular	Narrow Stance Squat	1	12	60
Ascending Pyramid	T-bend & Bench Step	1	5	60
Regular	Narrow Stance Squat	1	12	60
Ascending Pyramid	T-bend & Bench Step	1	5	60
Regular	Narrow Stance Squat	1	12	60
Ascending Pyramid	T-bend & Bench Step	1	5	60
Regular	Narrow Stance Squat	1	12	60

Click the name of the exercise to watch the exercise videos for this workout → [Wide Stance Squats, Stiff Leg Deadlift](#)

Venus Index Legs Specialization Week 2 Module 2				
Set Type	Exercise	Set	Reps	Rest (seconds)
Super Fibonacci Pyramid	Wide Stance Squats	1	21	45
	Stiff Leg Deadlift	1	21	45
	Wide Stance Squats	1	13	45
	Stiff Leg Deadlift	1	13	45
	Wide Stance Squats	1	8	60
	Stiff Leg Deadlift	1	8	60
	Wide Stance Squats	1	5	60
	Stiff Leg Deadlift	1	5	60
	Wide Stance Squats	1	8	60
	Stiff Leg Deadlift	1	8	60
	Wide Stance Squats	1	13	45
	Stiff Leg Deadlift	1	13	45
	Wide Stance Squats	1	21	45
	Stiff Leg Deadlift	1	21	-

Legs Specialization Week 3

Click the name of the exercise to watch the exercise videos for this workout → [Bulgarian Split Squat](#), [Offset Stiff Leg Deadlift](#)

Venus Index Chest Specialization Week 3 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Wave Set	Bulgarian Split Squat	1	21	45
		1	5	60
		1	13	60
		1	8	60
		1	21	45
		1	5	60
		1	13	60
		1	8	60
Regular	Offset Stiff Leg Deadlift	4	13	60

Click the name of the exercise to watch the exercise videos for this workout → [Lunge Matrix](#), [Offset Stiff Leg Deadlift](#)

Venus Index Legs Specialization Week 3 Module 2				
Set Type	Exercise	Sets	Reps	Rest (Seconds)
Lunge Matrix	Lunge Matrix	1	Full Matrix	60
Regular	Offset Stiff Leg Deadlift	1	8	60
Lunge Matrix	Lunge Matrix	1	Full Matrix	60
Regular	Offset Stiff Leg Deadlift	1	8	60
Lunge Matrix	Lunge Matrix	1	Full Matrix	60
Regular	Offset Stiff Leg Deadlift	1	8	60
Lunge Matrix	Lunge Matrix	1	Full Matrix	60
Regular	Offset Stiff Leg Deadlift	1	8	60

Legs Specialization Week 4

Click the name of the exercise to watch the exercise videos for this workout → [1&1/4 Squats](#), [Sumo Deadlift](#), [Step Ups](#)

Venus Index Shoulders Specialization Week 4 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Super Set	1&1/4 Squats + Sumo Deadlift	1	10 + 10	60
Regular	Step Ups	1	12	60
Super Set	1&1/4 Squats + Sumo Deadlift	1	10 + 10	60
Regular	Step Ups	1	12	60
Super Set	1&1/4 Squats + Sumo Deadlift	1	10 + 10	60
Regular	Step Ups	1	12	60
Super Set	1&1/4 Squats + Sumo Deadlift	1	10 + 10	60

Click the name of the exercise to watch the exercise videos for this workout → [Narrow Stance Squats](#), [Sumo Deadlift](#)

Venus Index Legs Specialization Week 4 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Fibonacci Pyramid	Narrow Stance Squats	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-
Fibonacci Pyramid	Sumo Deadlift	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-

Butt Specialization Week 1

Click the name of the exercise to watch the exercise videos for this workout → [Curtsy Lunge & Leg Raise](#), [Stiff Leg Deadlift](#)

Venus Index Butt Specialization Week 1 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Ascending Pyramid	Curtsy Lunge & Leg Raise	3	5	60
Fibonacci Pyramid	Stiff Leg Deadlift	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-

Click the name of the exercise to watch the exercise videos for this workout → [Leg Raise & Crossover Bench Step](#), [Sumo Deadlift](#)

Venus Index Butt Specialization Week 1 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Ascending Pyramid	Leg Raise & Crossover Bench Step	4	5	60
Fibonacci Pyramid	Sumo Deadlift	1	21	45
		1	13	45
		1	8	60
		1	5	60
		1	8	60
		1	13	45
		1	21	-

Butt Specialization Week 2

Click the name of the exercise to watch the exercise videos for this workout → [Curtsy Lunge](#), [Kick & Squat](#)

Venus Index Butt Specialization Week 2 Module 1				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Regular	Curtsy Lunge	1	12	60
Ascending Pyramid	Kick & Squat	1	5	60
Regular	Curtsy Lunge	1	12	60
Ascending Pyramid	Kick & Squat	1	5	60
Regular	Curtsy Lunge	1	12	60
Ascending Pyramid	Kick & Squat	1	5	60
Regular	Curtsy Lunge	1	12	60

Click the name of the exercise to watch the exercise videos for this workout → [Crossover Step Up](#), [Stiff Leg Deadlift & Squat](#)

Venus Index Butt Specialization Week 2 Module 2				
Set Type	Exercise	Sets	Reps	Rest (seconds)
Regular	Crossover Step Up	1	12	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Regular	Crossover Step Up	1	12	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Regular	Crossover Step Up	1	12	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Regular	Crossover Step Up	1	12	60

Butt Specialization Week 3

Click the name of the exercise to watch the exercise videos for this workout → [Leg Raise & Crossover Bench Step](#), [Kick & Squat](#)

Venus Index Butt Specialization Week 3 Module 1				
Set Type	Exercise	Sets	Reps	Rest (Seconds)
Ascending Pyramid	Leg Raise & Crossover Bench Step	1	5	60
Ascending Pyramid	Leg Raise & Crossover Bench Step	1	5	60
Ascending Pyramid	Leg Raise & Crossover Bench Step	1	5	60
Ascending Pyramid	Leg Raise & Crossover Bench Step	1	5	60
Ascending Pyramid	Kick & Squat	1	5	60
Ascending Pyramid	Kick & Squat	1	5	60
Ascending Pyramid	Kick & Squat	1	5	60
Ascending Pyramid	Kick & Squat	1	2-5	60

Click the name of the exercise to watch the exercise videos for this workout → [Stiff Leg Deadlift & Squat](#), [Curtsy Lunge & Leg Raise](#)

Venus Index Butt Specialization Week 3 Module 2				
Set Type	Exercise	Sets	Reps	Rest (Seconds)
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Ascending Pyramid	Curtsy Lunge & Leg Raise	1	5	60
Ascending Pyramid	Curtsy Lunge & Leg Raise	1	5	60
Ascending Pyramid	Curtsy Lunge & Leg Raise	1	5	60
Ascending Pyramid	Curtsy Lunge & Leg Raise	1	2-5	60

Butt Specialization Week 4

Click the name of the exercise to watch the exercise videos for this workout → [Leg Raise & Crossover Bench Step](#), [Stiff Leg Deadlift & Squat](#), [Kick & Squat](#), [Curtsy Lunge & Leg Raise](#)

Venus Index Butt Specialization Week 3 Module 1				
Set Type	Exercise	Sets	Reps	Rest (Seconds)
Ascending Pyramid	Leg Raise & Crossover Bench Step	1	5	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Ascending Pyramid	Kick & Squat	1	5	60
Ascending Pyramid	Curtsy Lunge & Leg Raise	1	5	60
Ascending Pyramid	Leg Raise & Crossover Bench Step	1	5	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Ascending Pyramid	Kick & Squat	1	5	60
Ascending Pyramid	Curtsy Lunge & Leg Raise	1	5	-

Click the name of the exercise to watch the exercise videos for this workout → [Leg Raise & Crossover Bench Step](#), [Stiff Leg Deadlift & Squat](#), [Kick & Squat](#), [Curtsy Lunge & Leg Raise](#)

Venus Index Butt Specialization Week 3 Module 2				
Set Type	Exercise	Sets	Reps	Rest (Seconds)
Ascending Pyramid	Leg Raise & Crossover Bench Step	1	5	60
Ascending Pyramid	Leg Raise & Crossover Bench Step	1	5	60
Ascending Pyramid	Kick & Squat	1	5	60
Ascending Pyramid	Kick & Squat	1	5	60
Ascending Pyramid	Curtsy Lunge & Leg Raise	1	5	60
Ascending Pyramid	Curtsy Lunge & Leg Raise	1	5	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	60
Ascending Pyramid	Stiff Leg Deadlift & Squat	1	5	-