

Terry Clauss VT4 Essay

My journey through VT4 has been a wonderful one. I started the workout and have followed as best I could with some modifications when needed because of previous injuries and bad weak knees. In the beginning I was doing the 3 workouts per week and trying to do some cardio 3 other days. I eventually skipped the cardio and have just been doing the VI workouts because I was getting so tired from the cardio I was doing that I was losing my motivation to do anything. After doing some lurking and posting on the Venus Index community I decided to just stick to the workouts. That has been the best thing for me. I started very slow, doing very light weights in my home, and once I learned the moves and was not too embarrassed I starting going to my gym to workout. I was starting to need heavier weights for a lot of the exercises so I have been doing that since about week, 3 or 4.

Going to the gym and increasing my weights has been a real game changer for me. After about 2 or 3 weeks of that is when I started to see more progress and eventually lose more pounds. It actually became easier for me to do 2 fasts per week when I was just doing the 3 workouts per week. For three of the last four weeks of the contest I lost 3 pounds per week. Until then I was only losing about 1 pound per week, or none or going back up, it was very slow.

With the last week of the contest being my vacation week in Cancun Mexico, I did not lose any more weight but did not gain any either! I did finish week 12 workouts, all 3! So I am sure my results would have been somewhat better if I was home but no matter, I finished and I am submitting pictures and will complete this!

I am known for starting things and then letting life get in the way and not finishing because of some excuse. Well being 53 years old, I am out of excuses there is no time like the present! So this is the beginning of a long journey for me. I like where my body is heading and want to keep moving forward.

Thank you John, Brad and Brad.

Terry Clauss
TerryC (community handle)