

I began VT6 by doing VI Circuits but then switched back to Phase 2. I think Circuits is a great workout and I will go back to it at some point but I just loved Phase 2 so much I decided to switch back to that style workout. Due to time constraints I typically do half of a workout in the early morning and either finish it that night or the next morning. I have added just a little cardio, some treadmill or elliptical about 2 times a week, only for about 20-30 minutes. So I do not spend a lot of time in the gym working out. This workout is so doable even for someone who works full-time and is very involved in my church, son's school and has a very active social life. I love the VI workouts and my body has transformed into something I thought I would never have! At my age I cannot believe the shape that I am finally getting, and I owe it all to the Venus Index workouts. This is my third contest and I love the motivation that the contests give me. The goal of having to take pictures and show some improvement over a time period really works wonders! My 54th birthday is next month and I want to thank John, Brad & Brad for creating a workout and an environment that has helped me have the shape I have always dreamed of, I feel awesome! Terry Clauss

Before

Weight 144
Shoulders 40
Waist 29
Hips 36.5

After

Weight 139.5
Shoulders 39.5
Waist 28
Hips 36