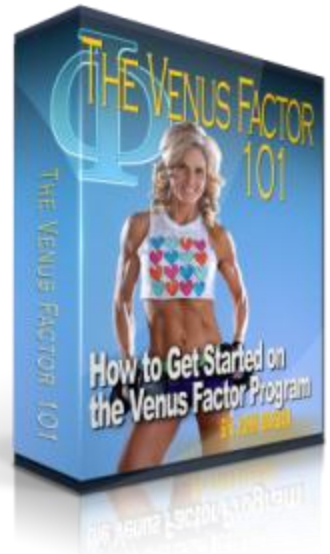


Venus Factor Vs Fat Loss Factor : What's Right for You?

Fat Loss Factor or Venus Factor? Have been struggling to decide which one to pick finally, so you can begin with your fitness regime? Well, then here's a comparison of the two, to help you achieve your fitness goals fast. Hopefully, weighing the capacities of both the programs simultaneously, helps you settle down for one.

After reading this review, you'll be able to:

- Get a clear distinction between the two fitness programs.
- Know pros and cons of both programs.
- Decide which one to go for, and why?



What's the difference between FLF and VF?

Comparing Fat Loss Factor From Venus Factor is like picking black from white. They are completely different programs, made by different people, and targeting a different audience.

The table of difference that follows will clear the fog for you. It includes the main features of both the programs.

PARAMETERS	FAT LOSS FACTOR	VENUS FACTOR
Creator	Dr. Charles Livingston	John Barbara and Brad Pilon

Target group	Both men and women	Only for women
Fitness Goal	Burn excess fat and maintain the achieved	Acquire the hourglass feminine shape
Focus	Nutrition Centric Program	Workout Centric program
Program Duration	12 week long program	12 week long program
Number of phases	Divided into 3 phases	Divided into 3 Phases
Who should (not) do it	Can be followed by any person of any body type; specially if you are obese and desperately need a weight loss program.	Not recommended for obese women
Difficulty level	1st phase is difficult to cope up with, because participants have to incorporate organic food in their diet. This phase also detoxifies the body. It is difficult to adapt to the change. But the plan is easier to follow after completing the first phase.	1st phase is easy. 2nd and 3rd phase are difficult as they are approached.
Overall rating	8/10 (Motivation and Community Support)	9/10 (Motivation and Community Support)
Price	US \$47	US \$47
Guarantee of results	Full Refund within 60 days	Full Refund withing 60 days

If you are a veteran who's short on time, then you can quickly learn more about Venus Factor on the official website here otherwise you can proceed further to read our entire review. Assuming you've already scanned through the [Fat Loss Factor review](#) published previously, let me quickly brief you about Venus Factor.

Venus Factor Review

The foremost thing to be told here is, that Venus factor is entirely for women.

It is completely 'workout oriented' and aims at developing a well toned feminine figure. It builds muscles along with burning fat. The exercises in this program include 10-12 reps and they all come with a 60 sec interval between consecutive exercises.

You get a manual that has in it a **Venus Index**. Venus index helps you determine whether you need to gain or lose weight to get the perfect feminine shape. You get to determine your height-to-weight ration, waist-to-hip ratio and waist-to-shoulder ratio. All these calculations come out to be different for different women due to difference in heights.

After you've figured out your Venus Index, this program introduces you to a diet plan specific to your body specifications. Your calorie intake is also determined keeping your height and weight under consideration.

A **workout manual** is included which is the most crucial part of the program, since it guides you through a **step wise 12 week workout** plan. The workouts include resistance training, weight lifting and strength training. All the workouts are divided into 3 phases of 4 weeks each. One type of workout is followed during one phase. The workouts are repeated thrice a week.

In order to cater to the goal of total body transformation, this program includes workouts with many types of exercises. The workouts are usually complex in nature. They make you do a lot of multiple muscle movement. **Venus Factor Workouts are not easy**, and therefore, require a good deal of hard work.

Venus Factor demands for easy equipment like barbell, dumbbell, bench, exercising mat etc. So if you have them, you can do these exercises at home itself.

Venus Factor Pros and Cons

Pros

1. All the exercises are explained in the videos, therefore a visual makes it easy to comprehend.
2. The program is not about shedding pounds, but about getting in the right feminine shape.
3. You can savor your favorite delicacies in moderation.
4. Can be easily performed at home using the basic equipments like barbell, dumbbell, workout mats etc.
5. 60 days' Complete Refund guarantee.

Cons

1. This is a workout centric plan therefore the diet part seems to be left out.
2. This program does not let you quickly shed weight. VF only shapes and tones your body.
3. You need to take it very seriously. You can not skip out any workout in a week.
4. Only for women. Men can not opt for VF.
5. Since the program is workout oriented, so, if you have a bone injury, you should rather avoid VF.
6. You only get videos shipped at your home. You will have to buy the equipment if you do not have it.

VF had an incredible community and online support though. You get to interact with many women who have already experienced Venus Factor, and have fetched the benefits.

Final Verdict??

Both the programs cater to their set of audiences. However, since Venus Factor is only for women, it makes this comparison revolving only around ladies.

So, if you're a beginner and weight loss is your only goal, most likely, you can not give up your favorite delicacy. My suggestion would be to go for healthy dieting through Fat Loss Factor. I say that, assuming you do not have time for a lot of exercises.

If you're close to your ideal weight (most important) and you'd want to refine your body shape through working out. Then, go for Venus Factor.

Ideal course of plan (*only for females though*) would be, to first shed some pounds through FLF and then, begin the shaping process through Venus Factor.

I hope this comparison would have played its charm, and helped you buy either of the two programs.

So, in a nutshell,

If you are a beginner start with FAT LOSS FACTOR

[Click Here to Visit Fat Loss Factor Official Website](#)

OR

Join VENUS FACTOR if you want the hourglass figure

[Click Here to Visit Venus Factor Official Website](#)

