

## **John Barban's "Adonis Golden Ratio" Review Released by Vandenhoff Coaching**

Summary: Vandenhoff Coaching releases a review of John Barban's Adonis Golden Ratio Fitness program which has been hailed by Men's Health Magazine as "The Perfect Body Formula".

John Barban's Adonis Golden Ratio, a program that promises men the ability to build an Adonis-like physique has quickly become a best seller, drawing an in depth review from Vandenhoff Coaching's Jake Vandenhoff.

"While most men wish they could have the body of an Adonis, there is a popular misconception that one must have superior genetics in order to make that a reality," reports Vandenhoff. "John Barban's new Adonis Golden Ratio is challenging these widely held beliefs, asserting that indeed there is a formula any man can use to attain the physical proportions of an Adonis. As a dating and lifestyle coach I am always looking for resources that give my clients an advantage, so I was eager to review the Adonis Golden Ratio to validate the effectiveness of this program."

The Adonis Golden Ratio is the brain child of John Barban and Kyle Leon, two thought leaders known independently for their breakthrough discoveries in the fields fitness nutrition, supplementation, and muscle building. ,

"John Barban and Kyle Leon are two of the most respected fitness experts on the planet, and I have been recommending Leon's other training courses to my followers for the past year," reports Vandenhoff. "What's so exciting to me about this program is the fact that it gets down to the real reason most guys are working out, which is to get the ideal male physique. Barban's revelation of a specific 'golden ratio' gives guys a crystal clear goal to shoot for, and then his program gives them the step-by-step instructions to achieve this this goal."

Vandenhoff's review offers a detailed explanation of the components making up the Adonis Golden Ratio course and lists pros and cons that may be of interest to men seeking information on the program. The Adonis System which is available digitally online includes twelve weeks worth of workouts, a video training library, complete nutrition guide, and custom nutrition software, supplementation guide.

"It's important to note that the program is fully customizable", says Vandenhoff. "Too often fitness guides offer 'one-size-fits-all' plans, when in reality men are starting at all different levels. The Adonis Golden Ratio offers guys a tailor made approach that just might be the thing they need to finally get that Adonis body."

**[Those seeking to purchase The Adonis Golden Ratio, or for more information, click here.](#)**

Jake Vandenhoff is a Massachusetts based lifestyle coach, relationship expert and author specializing in personal-development. Those wishing to read Vandenhoff's Adonis Golden Ratio review can find it on his blog: <http://www.jakevandenhoff.com/blog/the-adonis-golden-ratio-get-the-look-that-makes-her-say-damn/>

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