

VENUS LAU CYCLE 1

WEEK 1

DAY 1

Mobility, Combo and Flow

Core, mobility and stable strength in motion!

PART 1 — BREATHWORK AND WRIST MOBILITY

- 4-4-4-4
- Two-Part Breath + Exhale-Breath Hold + Inhale-Breath Hold
- Rubber-Band Wrists
- Steering-Wheel Active Wrist Mobility

PART 2 — DRILLS

Complete two rounds of the below workout with minimal rest in between moves.

Exercise	Reps
Spinal Wave on Knees	5-8
Camel Reach	5-8 (each side)
Hip Twist With Elbow Drive	5-8 (each side)
High-Hip Bear Crawl	5-8

PART 3 — COMBO

Complete two rounds of each combination.

Exercise	Reps
Spinal Wave on Knees + Camel Reach	5
Hip Twist With Elbow Drive + High-Hip Bear Crawl	5

PART 4 — FLOW

Flow through all exercises in a row for two minutes. Complete five rounds minimum on each side. Rest 45 seconds between rounds.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

DAY 2

Loaded Mobility, Combo and Flow

Turn up the intensity from the previous day by adding a light to moderate dumbbell.

PART 1 – BREATHWORK AND WRIST MOBILITY

- 4-4-4-4
- Two-Part Breath With Breath Holds
- Rubber-Band Wrists
- Steering-Wheel Active Wrist Mobility

PART 2 – DRILLS

Complete two rounds of the below workout with minimal rest in between moves.

Exercise	Reps
Spinal Wave on Knees	5-8
Camel Reach	5-8 (each side)
Hip Twist With Elbow Drive	5-8 (each side)
High-Hip Bear Crawl	5-8

PART 3 – COMBO

Complete five rounds of each combination on both sides.

Exercise	Reps
Spinal Wave on Knees + Camel Reach With Dumbbell	5
Hip Twist With Elbow Drive With Dumbbell + High-Hip Bear Crawl	5

PART 4 – FLOW

Flow through all exercises in a row for two minutes. Complete five rounds minimum on each side. Rest 45 seconds between rounds.

Spinal Wave on Knees + Camel Reach With Dumbbell + Hip Twist With Elbow Drive With Dumbbell + High-Hip Bear Crawl

DAY 3

Recovery

PART 1 — INTENSE DEEP BREATHWORK

20 minutes

PART 2 — WRIST AND SHOULDER MOBILITY

- Wrist Shifts
- Resistance-Band Wrist and Scapular Rotations
- Dumbbell Wrist Rotations
- Shoulder CARs (controlled articular rotations)
- Closed-Chain Shoulder Circles

PART 3 — WALK

Walk 30 to 60 minutes.

DAY 4

Isometric Strength and HIIT Conditioning

Find your true strength and challenge your cardio!

PART 1 – WARM-UP

Complete three rounds of your Week 1 Day 1 flow.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

PART 2 – ISOMETRIC STRENGTH + MAX REPS (DROP SET)

Complete two to three rounds of the following workout. At the peak contraction of each rep, hold five seconds. Complete five reps like that, then rep it out to failure, or until you get to 15 reps. If you hit 15 reps easily, add more weight. Recover as needed, then move on to the next exercise.

Exercise	Reps
Squat Pivot + Bodyweight Squat	5 + 5-second hold + max reps (15)
Push-Up	5 + 5-second hold + max reps (15)
Bent-Over Resistance-Band Row	5 + 5-second hold + max reps (15)

PART 3 – BODY CHUGS

1 minute

PART 4 – HIIT CONDITIONING

Complete three rounds minimum of the following workout. Rest 60 seconds between rounds.

Exercise	Seconds
Bear Crawl Forward/Backward	45
Rest	15
Jumping Jack	45
Rest	15
Alternating Dragon-Lunge Step-Through	45
Rest	60

PART 5 – BREATHWORK

- 4-4-4-4
- Heartbeat-Awareness Breath

DAY 5

Strength Circuit

PART 1 – WARM-UP

Complete three rounds of your Week 1 Day 1 flow.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

PART 2 – CIRCUIT

Complete three rounds minimum of the following workout.

Exercise	Reps/Time
Resistance-Band Chest Flye	10
<i>Rest</i>	<i>30 seconds</i>
Bent-Over Dumbbell Row	10
<i>Rest</i>	<i>30 seconds</i>
Dumbbell Deadlift	10
<i>Rest</i>	<i>30 seconds</i>
Dumbbell Goblet Squat	10
<i>Rest</i>	<i>30 seconds</i>
Dumbbell/Resistance-Band Shoulder Press	10
<i>Rest</i>	<i>30 seconds</i>
Pull-Up Bar Hang	15-30 seconds (10 breaths)
<i>Rest</i>	<i>30 seconds</i>
Dumbbell Swing to Sprawl Push-Up	10
<i>Rest</i>	<i>30 seconds</i>

PART 3 – COOL-DOWN

Complete two to three rounds of your Week 1 Day 1 flow.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

PART 4 – BREATHWORK

- 4-4-4-4

DAY 6

Recovery and Journal

PART 1 — WRITE IN YOUR JOURNAL

Journal prompts:

- What exercises FEEL the best?
- How's my breath during exercise?
- What exercises do I feel STRONG doing? Can I turn up the intensity on those?
- What exercises can I improve?
- What moves can I finesse and take more time with?
- How did I feel about my body at the beginning of the week versus now?
- What am I most proud of (exercise, life, self-love)?
- Who is someone I can connect with and share my experience?
- How can I be kinder to myself?
- What are three things I am grateful for?

PART 2 — WALK

Walk 30 to 60 minutes.

DAY 7

Choose Your Adventure

Choose the workout you know you need most based on your journal entries.

- If you feel stressed, choose a FEEL-GOOD workout.
- If you feel energized, choose a HARDER workout.
- If you feel overworked and exhausted, choose a pure REST DAY.

WEEK 2

DAY 1

Strength and Combo

Core, mobility, spiral patterning and stable strength in motion!

PART 1 – BREATHWORK AND WRIST MOBILITY

- 4-4-4-4
- Two-Part Breath
- Rubber-Band Wrists
- Steering-Wheel Active Wrist Mobility

PART 2 – DRILLS

Complete four rounds of the circuit below on each side. Rest minimally between exercises.

Exercise	Reps
Spinal Wave	5-8
Underswitch	5-8
Tripod Press	5-8
Side Kick	5-8
Bear-Crawl Kiss	5-8

PART 3 – COMBO

Complete five rounds minimum of each combination on each side. Rest minimally between rounds.

Exercise	Reps
Spinal Wave + Underswitch + Tripod Press	5
Side Kick + Bear-Crawl Kiss	5

DAY 2

Strength and Flow

Increase intensity by performing one continuous flow.

PART 1 – BREATHWORK AND WRIST MOBILITY

- 4-4-4-4
- Two-Part Breath
- Rubber-Band Wrists
- Steering-Wheel Active Wrist Mobility

PART 2 – DRILLS

Complete one round of the following workout on each side with minimal rest.

Exercise	Reps
Spinal Wave	5-8
Underswitch	5-8
Tripod Press	5-8
Side Kick	5-8
Bear-Crawl Kiss	5-8

PART 3 – COMBO

Complete two rounds of the following workout on each side. Rest minimally between rounds.

Exercise	Reps
Spinal Wave + Underswitch + Tripod Press	5
Side Kick + Bear-Crawl Kiss	5

PART 4 – FLOW

Flow through all exercises in a row for two minutes. Complete five rounds minimum. Rest 45 seconds between rounds.

Spinal Wave + Underswitch + Tripod Press + Side Kick + Bear-Crawl Kiss

DAY 3

Recovery

PART 1 — INTENSE DEEP BREATHWORK

20 minutes

PART 2 — WRIST AND SHOULDER MOBILITY

- Wrist Shifts
- Resistance-Band Wrist and Scapular Rotations
- Dumbbell Wrist Rotations
- Shoulder CARs (controlled articular rotations)
- Closed-Chain Shoulder Circles

PART 3 — WALK

Walk 30 to 60 minutes.

DAY 4

Isometric Strength and HIIT Conditioning

Find your true strength and challenge your cardio.

PART 1 — WARM-UP

Complete three rounds of your Week 1 Day 1 flow.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

PART 2 — ISOMETRIC STRENGTH + MAX REPS

Complete two to three rounds of the following workout. At the peak contraction of each rep, hold five seconds. Complete five reps like that, then rep it out to failure, or until you get to 15 reps. If you hit 15 reps easily, add more weight. Recover as needed, then move on to the next exercise.

Exercise	Reps
Squat Pivot + Bodyweight Squat	5 + 5-second hold + max reps (15)
Push-Up	5 + 5-second hold + max reps (15)
Dumbbell/Resistance-Band Bent-Over Row	5 + 5-second hold + max reps (15)

PART 3 — BODY CHUGS

1 minute

PART 4 — HIIT CONDITIONING

Complete three rounds minimum of the following workout.

Exercise	Seconds
Box Crawl	45
Rest	15
Squat Jack	45
Rest	15
Alternating Dragon-Lunge Step-Through	45
Rest	60

PART 5 — BREATHWORK

- 4-4-4-4
- Heartbeat-Awareness Breath

DAY 5

Strength Circuit

PART 1 – WARM-UP

Complete three rounds of your Week 1 Day 1 flow.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

PART 2 – CIRCUIT

Complete three rounds minimum of the following workout.

Exercise	Reps/Time
Bridged Dumbbell Chest Press	10
<i>Rest</i>	<i>30 seconds</i>
Dumbbell/Resistance-Band Bent-Over Reverse Flye	10
<i>Rest</i>	<i>30 seconds</i>
Offset Dumbbell Deadlift	10 (each side)
<i>Rest</i>	<i>30</i>
Offset Dumbbell Squat	10 (each side)
<i>Rest</i>	<i>30 seconds</i>
Dumbbell/Resistance-Band Seesaw Shoulder Press	10
<i>Rest</i>	<i>30 seconds</i>
Pull-Up Bar Hang	15-30 seconds (10 breaths)
<i>Rest</i>	<i>30 seconds</i>
Dumbbell Swing to Sprawl Push-Up	10 (each side)
<i>Rest</i>	<i>30 seconds</i>

PART 3 – COOL-DOWN

Complete three rounds of your Week 1 Day 1 flow.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

PART 4 – BREATHWORK

- 4-4-4-4

DAY 6

Recovery and Journaling

PART 1 — WRITE IN YOUR JOURNAL

Journal prompts:

- What exercises FEEL the best?
- How's my breath during exercise?
- What exercises do I feel STRONG doing? Can I turn up the intensity on those?
- What exercises can I improve?
- What moves can I finesse and take more time with?
- How did I feel about my body at the beginning of the week versus now?
- What am I most proud of (exercise, life, self-love)?
- Who is someone I can connect with and share my experience?
- How can I be kinder to myself?
- What are three things I am grateful for?

PART 2 — WALK

Walk 30 to 60 minutes.

DAY 7

Choose Your Adventure

Choose the workout you know you need most based on your journal entries.

- If you feel stressed, choose a FEEL-GOOD workout.
- If you feel energized, choose a HARDER workout.
- If you feel overworked and exhausted, choose a pure REST DAY.

WEEK 3

DAY 1

Combo and Flow

Core, mobility, spiral patterning and stable strength in motion!

PART 1 – BREATHWORK AND WRIST MOBILITY

- 4-4-4-4
- Two-Part Breath
- Rubber-Band Wrists
- Steering-Wheel Active Wrist Mobility

PART 2 – DRILLS

Complete four rounds minimum of the below workout on each side. Rest minimally between exercises.

Exercise	Reps
Spinal-Wave Knee Drive	5-8
Underswitch	5-8
Crab Reach	5-8
Side-Kick Press	5-8
Bear-Crawl Kiss	5-8

PART 3 – COMBO

Complete five rounds minimum of the following workout on each side. Rest minimally between rounds.

Exercise	Reps
Spinal-Wave Knee Drive + Underswitch + Crab Reach	5
Side-Kick Press + Bear-Crawl Kiss	5

DAY 2

Strength and Flow

Turn up the intensity from the previous day by flowing moves consecutively!

PART 1 – BREATHWORK AND WRIST MOBILITY

- 4-4-4-4
- Two-Part Breath
- Rubber-Band Wrists
- Steering-Wheel Active Wrist Mobility

PART 2 – DRILLS

Complete the below workout on each side one time through. Rest minimally between exercises.

Exercise	Reps
Spinal-Wave Knee Drive	5-8
Underswitch	5-8
Crab Reach	5-8
Side-Kick Press	5-8
Bear-Crawl Kiss	5-8

PART 3 – COMBO

Complete two rounds of the following workout on each side. Rest minimally between rounds.

Exercise	Reps
Spinal-Wave Knee Drive + Underswitch + Crab Reach	5
Side-Kick Press + Bear-Crawl Kiss	5

PART 4 – FLOW

Flow through all exercises in a row for two minutes. Complete five rounds minimum. Rest 45 seconds between rounds.

Spinal-Wave Knee Drive + Underswitch + Crab Reach + Side-Kick Press + Bear-Crawl Kiss

DAY 3

Recovery

PART 1 — INTENSE DEEP BREATHWORK

20 minutes

PART 2 — WRIST AND SHOULDER MOBILITY

- Wrist Shifts
- Resistance-Band Wrist and Scapular Rotations
- Dumbbell Wrist Rotations
- Shoulder CARs (controlled articular rotations)
- Closed-Chain Shoulder Circles

PART 3 — WALK

Walk 30 to 60 minutes.

DAY 4

Isometric Strength and HIIT Conditioning

PART 1 – WARM-UP

Complete three rounds of your Week 1 Day 1 flow.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

PART 2 – ISOMETRIC STRENGTH + MAX REPS

Complete two to three rounds of the following workout. At the peak contraction of each rep, hold five seconds. Complete five reps like that, then rep it out to failure, or until you get to 15 reps. If you hit 15 reps easily, add more weight. Recover as needed, then move on to the next exercise.

Exercise

Squat Pivot + Bodyweight Squat
Push-Up
Single-Arm Dumbbell/Resistance-Band Bent-Over Row

Reps

5 + 5-second hold + max reps (15)
5 + 5-second hold + max reps (15)
5 + 5-second hold + max reps (15) (each side)

PART 3 – BODY CHUGS

1 minute

PART 4 – HIIT CONDITIONING

Complete three rounds minimum of the following workout.

Exercise

Box Crawl
Rest
Lateral Monkey Hop
Rest
Alternating Dragon-Lunge Step-Through
Rest

Seconds

45
15
45
15
45
60

PART 5 – BREATHWORK

- 4-4-4-4
- Heartbeat-Awareness Breath

DAY 5

Strength Circuit

PART 1 – WARM-UP

Complete three rounds of your Week 1 Day 1 flow.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

PART 2 – CIRCUIT

Complete three rounds minimum of the following workout.

Exercise

Bridged Alternating Dumbbell Chest Press

Rest

Offset Dumbbell One-Arm Bent-Over Row

Rest

Single-Leg Dumbbell Deadlift

Rest

Single-Leg Squat

Rest

Rotational Single-Arm Dumbbell/Resistance-Band Shoulder Press

Rest

Alternating Knee-Tuck Hang

Rest

Mighty-Maker*

Rest

Reps/Time

10

30 seconds

10 (each side)

30 seconds

10 (each side)

30 seconds

10 (each side)

30 seconds

10 (each side)

30 seconds

10 (each side)

30 seconds

10

30 seconds

**Dumbbell Push-Up + Swing + Clean-and-Press = 1 Mighty-Maker*

PART 3 – COOL-DOWN

Complete three rounds of your Week 1 Day 1 flow.

Spinal Wave on Knees + Camel Reach + Hip Twist With Elbow Drive + High-Hip Bear Crawl

PART 4 – BREATHWORK

- 4-4-4-4

DAY 6

Recovery and Journaling

PART 1 — WRITE IN YOUR JOURNAL

Journal prompts:

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DAY 7

Choose Your Adventure

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