

VENUS LAU CYCLE 2

WEEK 4

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
- 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
Dragon-Lunge Step-Through	5-8 (each side)
Dive Bomber	5-8
Scorpion Reach	5-8 (each side)
Lateral Monkey	5-8 (each side)

PART 3 — COMBO

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

Exercise	Reps
Dragon-Lunge Step-Through + Dive Bomber	5
Scorpion Reach + Lateral Monkey	5

DAY 2

Strength and Flow

Turn up the intensity from the previous day by flowing through the moves consecutively. Don't rush, and shoot for a full range of motion and connected breathing.

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

Exercise	Reps
Dragon-Lunge Step-Through	5-8 (each side)
Dive Bomber	5-8
Scorpion Reach	5-8 (each side)
Lateral Monkey	5-8 (each side)

PART 3 – COMBO

Complete two rounds of each combination on each side. Rest minimally between combinations and rounds.

Exercise	Reps
Dragon-Lunge Step-Through + Dive Bomber	5
Scorpion Reach + Lateral Monkey	5

PART 4 – FLOW

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

Dragon-Lunge Step-Through + Dive Bomber + Scorpion Reach + Lateral Monkey

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

Add more time to your isometric hold! Build to 10 seconds.

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 10 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

Kickstand Squat

Lizard Push-Up

Two-Arm Bent-Over Resistance-Band Row

Reps

5 + 10-second hold + max reps (15) (each side)

5 + 10-second hold + max reps (15) (each side)

5 + 10-second hold + max reps (15)

PART 3 — BODY CHUGS

45 seconds

PART 4 — HIIT CONDITIONING

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

Exercise

Box Crawl

Rest

Lateral Monkey Hop

Rest

Alternating Crab Reach

Rest

Seconds

45

15

45

15

45

60

PART 5 — BREATHWORK

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

DAY 5

Strength Circuit

Level up by increasing your weight and decreasing your rest.

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>20 seconds</i>
Two-Arm Bent-Over Dumbbell Row	10
<i>Rest</i>	<i>20 seconds</i>
Dumbbell Deadlift	10
<i>Rest</i>	<i>20 seconds</i>
Goblet Squat	10
<i>Rest</i>	<i>20 seconds</i>
Dumbbell/Resistance-Band Shoulder Press	10
<i>Rest</i>	<i>20 seconds</i>
Alternating Knee-Tuck Hang	10 (each side)
<i>Rest</i>	<i>20 seconds</i>
Dumbbell Swing to Sprawl Push-Up	10
<i>Rest</i>	<i>20 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?

PART 2 — WALK

Walk 30 to 60 minutes.

DAY 7

Core Workout

PART 1 – BREATHWORK

- 4-4-4-4

PART 2 – CORE WORKOUT

Complete four rounds minimum of the following workout.

Exercise	Seconds
Plank Shoulder Tap/Foot Lift	45
<i>Rest</i>	15
Beast Hold	45
<i>Rest</i>	15
Hop-Switch Side Plank	45
<i>Rest</i>	15
Alternating Tripod Press	45
<i>Rest</i>	15

PART 3 – JOG/RUN/SPRINT

Jog, run or sprint 15 to 20 minutes, or perform eight to ten 10- to 15-second sprints.

PART 4 – BREATHWORK

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

WEEK 5

DAY 1

Mobility, Combo and 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 four rounds of the below workout with minimal rest in between moves and rounds.

Exercise	Reps
Dragon-Lunge Step-Through	5-8 (each side)
Dive Bomber	5-8
Scorpion Reach	5-8 (each side)
Lateral Monkey	5-8 (each side)

PART 3 – COMBO

Complete two rounds of each combination on each side. Rest minimally between combinations and rounds.

Exercise	Reps
Dragon-Lunge Step-Through + Dive Bomber	5
Scorpion Reach + Lateral Monkey	5

DAY 2

Strength and 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 below workout with minimal rest in between moves.

Exercise	Reps
Dragon-Lunge Step-Through	5-8 (each side)
Dive Bomber	5-8
Scorpion Reach	5-8 (each side)
Lateral Monkey	5-8 (each side)

PART 3 – COMBO

Complete two rounds of each combination on each side. Rest minimally between combinations and rounds.

Exercise	Reps
Dragon-Lunge Step-Through + Dive Bomber	5
Scorpion Reach + Lateral Monkey	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.

Dragon-Lunge Step-Through + Dive Bomber + Scorpion Reach + Lateral Monkey

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 10 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

Kickstand Squat
Lizard Push-Up
Two-Arm Bent-Over Dumbbell/Resistance-Band Row

Reps

5 + 10-second hold + max reps (15) (each side)
5 + 10-second hold + max reps (15) (each side)
5 + 10-second hold + max reps (15)

PART 3 – BODY CHUGS

1 minute

PART 4 – HIIT CONDITIONING

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

Exercise	Seconds
Box Crawl	45
Rest	15
Lateral Monkey Hop	45
Rest	15
Alternating Crab Reach	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>20 seconds</i>
Dumbbell/Resistance-Band Bent-Over Reverse Flye	10
<i>Rest</i>	<i>20 seconds</i>
Offset Dumbbell Deadlift	10 (each side)
<i>Rest</i>	<i>20 seconds</i>
Offset Dumbbell Squat	10 (each side)
<i>Rest</i>	<i>20 seconds</i>
Seesaw Dumbbell Shoulder Press	10 (each side)
<i>Rest</i>	<i>20 seconds</i>
Knee-Tuck Hang	10
<i>Rest</i>	<i>20 seconds</i>
Single-Arm Dumbbell Swing to Sprawl Push-Up	10 (each side)
<i>Rest</i>	<i>20 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

Core Workout

PART 1 — BREATHWORK

- 4-4-4-4

PART 2 — CORE WORKOUT

Complete four rounds minimum of the following workout.

Exercise	Seconds
Plank Shoulder Tap/Foot Lift	45
<i>Rest</i>	15
Beast Hold	45
<i>Rest</i>	15
Hop-Switch Side Plank	45
<i>Rest</i>	15
Alternating Tripod Press	45
<i>Rest</i>	15

PART 3 — JOG/RUN/SPRINT

Jog, run or sprint 15 to 20 minutes, or perform eight to ten 10- to 15-second sprints.

PART 4 — BREATHWORK

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

WEEK 6

DAY 1

Mobility, Combo and 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 four rounds of the below workout with minimal rest in between moves.

Exercise	Reps
Dragon-Lunge Step-Through	5-8 (each side)
Dive Bomber	5-8
Scorpion Reach	5-8 (each side)
Lateral Monkey	5-8 (each side)

PART 3 – COMBO

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

Exercise	Reps
Dragon-Lunge Step-Through + Dive Bomber	5
Scorpion Reach + Lateral Monkey	5

DAY 2

Strength and 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 below workout with minimal rest in between moves.

Exercise	Reps
Dragon-Lunge Step-Through	5-8 (each side)
Dive Bomber	5-8
Scorpion Reach	5-8 (each side)
Lateral Monkey	5-8 (each side)

PART 3 – COMBO

Complete two rounds of each combination on each side. Rest minimally between combinations and rounds.

Exercise	Reps
Dragon-Lunge Step-Through + Dive Bomber	5
Scorpion Reach + Lateral Monkey	5

PART 4 – FLOW

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

Dragon-Lunge Step-Through + Dive Bomber + Scorpion Reach + Lateral Monkey

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 10 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
Kickstand Squat	5 + 10-second hold + max reps (15) (each side)
Lizard Push-Up	5 + 10-second hold + max reps (15) (each side)
Two-Arm Bent-Over Row	5 + 10-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
Box Crawl	45
Rest	15
Lateral Monkey Hop	45
Rest	15
Alternating Crab Reach	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 four rounds minimum of the following workout.

Exercise	Reps/Time
Bridged Alternating Dumbbell Chest Press	10 (each side)
<i>Rest</i>	<i>20 seconds</i>
Offset Bent-Over Dumbbell/Resistance-Band Row	10 (each side)
<i>Rest</i>	<i>20 seconds</i>
Single-Leg Dumbbell Deadlift	10 (each side)
<i>Rest</i>	<i>20 seconds</i>
Rotational Dumbbell Squat	10 (each side)
<i>Rest</i>	<i>20 seconds</i>
Single-Arm Dumbbell Clean-and-Press	10 (each side)
<i>Rest</i>	<i>20 seconds</i>
Knee-Tuck Hang	15-30 seconds
<i>Rest</i>	<i>20 seconds</i>
Mighty-Maker*	10
<i>Rest</i>	<i>20 seconds</i>

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

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:

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PART 2 — WALK

Walk 30 to 60 minutes.

DAY 7

Core Workout

PART 1 — BREATHWORK

- 4-4-4-4

PART 2 — CORE WORKOUT

Complete four rounds minimum of the following workout.

Exercise	Seconds
Plank Shoulder Tap/Foot Lift	45
<i>Rest</i>	15
Beast Hold	45
<i>Rest</i>	15
Hop-Switch Side Plank	45
<i>Rest</i>	15
Alternating Tripod Press	45
<i>Rest</i>	15

PART 3 — JOG/RUN/SPRINT

Jog, run or sprint 15 to 20 minutes, or perform eight to ten 10- to 15-second sprints.

PART 4 — BREATHWORK

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