

# VENUS LAU CYCLE 3

## WEEK 7

### 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 four rounds of the below workout on each side with minimal rest in between moves.

Exercise	Reps
Dragon-Lunge Step-Through	5-8
Wild Thing	5-8
Side Kick	5-8
Scorpion Flip	5-8
Underswitch	5-8

#### 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 + Wild Thing	5
Side Kick + Scorpion Flip + Underswitch	5

## DAY 2

### Strength and Flow

Turn up the intensity from the previous day by flowing the moves consecutively. Don't rush, and reach for 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 one round of the below workout on each side with minimal rest in between moves.

Exercise	Reps
Dragon-Lunge Step-Through	5-8
Wild Thing	5-8
Side Kick	5-8
Scorpion Flip	5-8
Underswitch	5-8

#### PART 3 — COMBO

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

Exercise	Reps
Dragon-Lunge Step-Through + Wild Thing	5
Side Kick + Scorpion Flip + Underswitch	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 + Wild Thing + Side Kick + Scorpion Flip + Underswitch

## **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

Single-Leg Romanian Deadlift

Coil Push-Up

Low-Hip Bodyweight Suspended 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 rounds minimum 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 with new exercises! Challenge yourself by using a timer and seeing whether you can complete each round quicker than the last — without sacrificing form or range of motion.

#### 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
Tripod Press With Dumbbell	10 (each side)
Rest	20 seconds
Plank Row	10 (each side)
Rest	20 seconds
Dumbbell Swing	10
Rest	20 seconds
Dumbbell Bulgarian Split Squat	10 (each side)
Rest	20 seconds
Single-Arm Dumbbell Snatch	10 (each side)
Rest	20 seconds
Negative Pull-Up	5-10
Rest	20 seconds
Man-Maker*	10
Rest	20 seconds

*\*Dumbbell Push-Up + Plank Row (each side) + Clean-and-Press = 1 Man-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:

- 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?
- I'm halfway through this program — what are my greatest take-aways so far?

#### 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 8

### 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 on each side with minimal rest in between moves.

Exercise	Reps
Dragon-Lunge Step-Through	5-8
Wild Thing	5-8
Side Kick	5-8
Scorpion Flip	5-8
Underswitch	5-8

##### 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 + Wild Thing	5
Side Kick + Scorpion Flip	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 on each side with minimal rest in between moves.

Exercise	Reps
Dragon-Lunge Step-Through	5-8
Wild Thing	5-8
Side Kick	5-8
Scorpion Flip	5-8
Underswitch	5-8

#### PART 3 — COMBO

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

Exercise	Reps
Dragon-Lunge Step-Through + Wild Thing	5
Side Kick + Scorpion Flip	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 + Wild Thing + Side Kick + Scorpion Flip



## **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

Single-Leg Romanian Deadlift

Coil Push-Up

Low-Hip Bodyweight Suspended 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 rounds minimum 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

Challenge yourself with heavier weights, and use a timer to complete each round quicker than the last — without sacrificing form or range of motion.

#### 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 of the following workout.

Exercise	Reps/Time
Tripod Press With Dumbbell	10 (each side)
Rest	20 seconds
Plank Row	10 (each side)
Rest	20 seconds
Dumbbell Swing	10
Rest	20 seconds
Dumbbell Bulgarian Split Squat	10 (each side)
Rest	20 seconds
Single-Arm Dumbbell Snatch	10 (each side)
Rest	20 seconds
Negative Pull-Up	5-10
Rest	20 seconds
Man-Maker*	10
Rest	20 seconds

*\*Dumbbell Push-Up + Plank Row (each side) + Clean-and-Press = 1 Man-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:

- 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 9

### 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 on each side with minimal rest in between moves.

Exercise	Reps
Dragon-Lunge Step-Through	5-8
Wild Thing	5-8
Side Kick	5-8
Scorpion Flip	5-8
Underswitch	5-8

##### 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 + Wild Thing	5
Side Kick + Scorpion Flip + Underswitch	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 on each side with minimal rest in between moves.

Exercise	Reps
Dragon-Lunge Step-Through	5-8
Wild Thing	5-8
Side Kick	5-8
Scorpion Flip	5-8
Underswitch	5-8

#### PART 3 — COMBO

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

Exercise	Reps
Dragon-Lunge Step-Through + Wild Thing	5
Side Kick + Scorpion Flip + Underswitch	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 + Wild Thing + Side Kick + Scorpion Flip + Underswitch

## **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

Single-Leg Romanian Deadlift  
Coil Push-Up  
Low-Hip Bodyweight Suspended 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 rounds minimum 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

#### 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.

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Single-Arm Dumbbell Snatch	10 (each side)
Rest	20 seconds
Negative Pull-Up	10
Rest	20 seconds
Man-Maker*	10
Rest	20 seconds

*\*Dumbbell Push-Up + Plank Row (each side) + Clean-and-Press = 1 Man-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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