

# VENUS LAU CYCLE 4

## WEEK 10

### 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
Crab Reach	5-8
Scorpion Flip	5-8
Dragon-Lunge Step-Through	5-8
Side-Kick Press	5-8
Lateral Monkey	5-8

#### PART 3 — COMBO

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

Exercise	Reps
Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through	5
Side-Kick Press + 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 on each side with minimal rest in between moves.

Exercise	Reps
Crab Reach	5-8
Scorpion Flip	5-8
Dragon-Lunge Step-Through	5-8
Side-Kick Press	5-8
Lateral Monkey	5-8

#### PART 3 – COMBO

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

Exercise	Reps
Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through	5
Side-Kick Press + 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.

Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through + Side-Kick Press + 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

You have some new moves to practice today!

#### 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. If it's too hard, modify or do the regression version from Cycle 3. Recover as needed, then move to the next exercise.

##### Exercise

Single-Leg Squat  
Shift Push-Up  
Suspended Archer 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) (each side)

#### PART 3 – BODY CHUGS

1 minute

#### PART 4 – HIIT CONDITIONING

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

##### Exercise

Beast Clean  
*Rest*  
Jumping Jack  
*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 Complexes

Level up from circuits with these complexes! Don't put the dumbbells down until all the reps of all the moves are completed. Use a timer and challenge yourself to do each round faster than the last without sacrificing form.

#### 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 – STRENGTH COMPLEXES

##### Complex 1

Complete three rounds minimum of the following workout.

Exercise	Reps/Time
Dumbbell Squat Press	10
Dumbbell Alternating Reverse Lunge	10 (each leg)
Dumbbell Swing	10
Sprawl Push-Up	10
Two-Arm Bent-Over Dumbbell Row	10
Dumbbell Deadlift	10
Rest	60 seconds

##### Complex 2

Repeat the below exercise combo for one minute, then rest 30 to 45 seconds. Complete three rounds minimum.

Woman-Maker = Dumbbell Push-Up + Beast Row + Swing + Clean-and-Press

##### Complex 3

Perform the below exercise combo using a single dumbbell on one side for one minute. Rest 30 to 45 seconds, then switch sides and repeat. Complete three rounds minimum.

Venus-Maker = Beast Clean + Tripod Press + Rotational Snatch + Rotational Squat Press

#### 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 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 – CIRCUIT

Complete four rounds minimum of the following workout.

<b>Exercise</b>	<b>Seconds</b>
Plank Shoulder Tap/Foot Lift	45
<i>Rest</i>	15
Spinal Wave	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 11

### DAY 1

#### Mobility, Combo and Flow

##### PART 1 – BREATHWORK AND WRIST MOBILITY

- 4-4-4-4
- Two-Part Breath + Exhale-Hold Breath + Inhale-Hold 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
Crab Reach	5-8
Scorpion Flip	5-8
Dragon-Lunge Step-Through	5-8
Side-Kick Press	5-8
Lateral Monkey	5-8

##### PART 3 – COMBO

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

Exercise	Reps
Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through	5
Side-Kick Press + 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 on each side with minimal rest in between moves.

Exercise	Reps
Crab Reach	5-8
Scorpion Flip	5-8
Dragon-Lunge Step-Through	5-8
Side-Kick Press	5-8
Lateral Monkey	5-8

#### PART 3 – COMBO

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

Exercise	Reps
Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through	5
Side-Kick Press + 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.

Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through + Side-Kick Press + 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. If it's too hard, modify or do the regression version from Cycle 3. Recover as needed, then move on to the next exercise.

Exercise	Reps
Single-Leg Squat	5 + 10-second hold + max reps (15) (each side)
Shift Push-Up	5 + 10-second hold + max reps (15) (each side)
Suspended Archer Row	5 + 10-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. Rest 60 seconds between rounds.

Exercise	Seconds
Beast Clean	45
Rest	15
Jumping Jack	45
Rest	15
Alternating Crab Reach	45
Rest	60

#### PART 5 – BREATHWORK

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

## DAY 5

### Strength Complexes

Level up from circuits with these complexes! Don't put the dumbbells down until all the reps of all the moves are completed. Use a timer and challenge yourself to do each one quicker than the last without sacrificing form.

#### 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 – STRENGTH COMPLEXES

##### Complex 1

Complete three rounds minimum of the following workout.

Exercise	Reps/Time
Dumbbell Squat Press	10
Dumbbell Alternating Reverse Lunge	10 (each leg)
Dumbbell Swing	10
Sprawl Push-Up	10
Two-Arm Bent-Over Dumbbell Row	10
Dumbbell Deadlift	10
Rest	60 seconds

##### Complex 2

Repeat the below exercise combo for one minute, then rest 30 to 45 seconds. Complete three rounds minimum.

Woman-Maker = Dumbbell Push-Up + Beast Row + Swing + Clean-and-Press

##### Complex 3

Perform the below exercise combo using a single dumbbell on one side for one minute. Rest 30 to 45 seconds, then switch sides and repeat. Complete three rounds minimum.

Venus-Maker = Beast Clean + Tripod Press + Rotational Snatch + Rotational Squat Press

#### 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 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 — CIRCUIT

Complete four rounds minimum of the following workout.

<b>Exercise</b>	<b>Seconds</b>
Plank Shoulder Tap/Foot Lift	45
<i>Rest</i>	15
Spinal Wave	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 12

### DAY 1

#### Mobility, Combo and Flow

##### PART 1 – BREATHWORK AND WRIST MOBILITY

- 4-4-4-4
- Two-Part Breath + Exhale-Hold Breath + Inhale-Hold 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
Crab Reach	5-8
Scorpion Flip	5-8
Dragon-Lunge Step-Through	5-8
Side-Kick Press	5-8
Lateral Monkey	5-8

##### PART 3 – COMBO

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

Exercise	Reps
Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through	5
Side-Kick Press + 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 on each side with minimal rest in between moves.

Exercise	Reps
Crab Reach	5-8
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Dragon-Lunge Step-Through	5-8
Side-Kick Press	5-8
Lateral Monkey	5-8

#### PART 3 – COMBO

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

Exercise	Reps
Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through	5
Side-Kick Press + 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.

Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through + Side-Kick Press + 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. If it's too hard, modify or do the regression version from Cycle 3. Recover as needed, then move to the next exercise.

##### Exercise

Single-Leg Squat  
Shift Push-Up  
Suspended Archer Row

##### Reps

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

#### PART 3 – BODY CHUGS

1 minute

#### PART 4 – HIIT CONDITIONING

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

##### Exercise

Beast Clean  
*Rest*  
Jumping Jack  
*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 Complexes

Level up from circuits with these complexes! Don't put the dumbbells down until all the reps of all the moves are completed. Use a timer and challenge yourself to do each one quicker than the last without sacrificing form.

#### 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 – STRENGTH COMPLEXES

##### Complex 1

Complete three rounds minimum of the following workout.

Exercise	Reps/Time
Dumbbell Squat Press	10
Dumbbell Alternating Reverse Lunge	10 (each leg)
Dumbbell Swing	10
Sprawl Push-Up	10
Two-Arm Bent-Over Dumbbell Row	10
Dumbbell Deadlift	10
Rest	60 seconds

##### Complex 2

Repeat the below exercise combo for one minute, then rest 30 to 45 seconds. Complete three rounds minimum.

Woman-Maker = Dumbbell Push-Up + Beast Row + Swing + Clean-and-Press

##### Complex 3

Perform the below exercise combo using a single dumbbell on one side for one minute. Rest 30 to 45 seconds, then switch sides and repeat. Complete three rounds minimum.

Venus-Maker = Beast Clean + Tripod Press + Rotational Snatch + Rotational Squat Press

#### 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 Journal

#### PART 1 — WRITE IN YOUR JOURNAL

Journal prompts:

- What exercises FEEL the best?
- How's my breath during exercise?
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- 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 – CIRCUIT

Compete five rounds minimum of the following workout.

<b>Exercise</b>	<b>Seconds</b>
Plank Shoulder Tap/Foot Lift	45
<i>Rest</i>	15
Spinal Wave	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