

VENUS LAU CYCLE 5 — BEAST WEEK!

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-Hold Breath + Inhale-Hold 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
Crab Reach	5-8 (each side)
Scorpion Flip	5-8 (each side)
Dragon-Lunge Step-Through	5-8 (each side)
Dive Bomber	5-8
Lateral Monkey	5-8 (each side)
Side-Kick Press	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
Crab Reach + Scorpion Flip	5
Dragon-Lunge Step-Through + Dive Bomber	5
Lateral Monkey + Side-Kick Press	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
Crab Reach	5-8 (each side)
Scorpion Flip	5-8 (each side)
Dragon-Lunge Step-Through	5-8 (each side)
Dive Bomber	5-8
Lateral Monkey	5-8 (each side)
Side-Kick Press	5-8 (each side)

PART 3 — COMBO

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

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

PART 4 — FLOW

Flow through all exercises consecutively for two to three minutes. Complete five rounds minimum on each side. Rest 60 seconds between rounds.

Crab Reach + Scorpion Flip + Dragon-Lunge Step-Through + Dive Bomber + Lateral Monkey + Side-Kick Press

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

Skill 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 — SKILL STRENGTH + MAX-REPS REGRESSION

Perform all reps of the skill-strength exercise (SS), then perform 15 reps max of the regression exercise (R). Complete two to three rounds on each side.

Exercise	Reps
SS: Air Lunge	5
R: Single-Leg Squat or Kickstand	15 or max reps
SS: Archer Push-Up	5
R: Shift Push-Up or Coil Push-Up	15 or max reps
SS: Single-Arm Suspended Row	5
R: Archer Row or Low-Hip Row	15 or max reps

PART 3 — BODY CHUGS

1 minute

PART 4 — HIIT CONDITIONING

Complete four 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

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 complex 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. Don't put the dumbbells down, and don't rest until the entire round is done. Rest 60 seconds between rounds.

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

Complex 2

Perform the below exercise combo for one minute, then rest 30 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 seconds, then switch sides and repeat. Complete three rounds minimum.

Venus-Maker = Beast Clean + Tripod Press + Rotational Snatch + Rotational 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?
- What have I learned from this challenge physically? Mentally? Emotionally?

PART 2 —WALK

Walk 30 to 60 minutes.

PART 3 — CONGRATS!

Give yourself high-fives and self-love!!!