

Exercise and Our Cycle

HARMONIZING MOVEMENT WITH OUR HORMONES

MENSTRUAL PHASE

Days 1-5

Focus on restorative movements like yoga, tai chi, walking and light hiking.



FOLLICULAR PHASE

Days 6-14

Take advantage of the rising estrogen and low resting cortisol by include HIIT, strength training or CrossFit type activities and running.



OVULATORY PHASE

Days 14-16

This is similar to the follicular phase. This is still a great time for strength training and higher intensity activities.



LUTEAL PHASE

Days 16-28

This is a time for active recovery like Pilates and yoga flow, walking and hiking.



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