# Exercise in Harmony with Your Cycle







Day 14

Days 15-28

Days 1-5

## MENSTRUATION

During menstruation, low hormone levels may impact your motivation but exercise can help alleviate painful symptoms.



## Workout tip:

Stick with a low intensity workout like walking, biking or yoga. Days 6-14

# **FOLLICULAR PHASE**

The follicular phase brings higher hormones and higher energy.



## Workout tip:

Try higher intensity workouts like HIIT training, hot yogs, and cardio.

# OVULATION

Energy levels might stay high during ovulation. This phase can feel different for everyone so listen to your body and adjust your intensity.



# Workout tip:

Keep the intensity up with cardio and strength training.

## **LUTEAL PHASE**

Higher progesterone levels mean your body is less effective at providing energy. Workouts may feel harder during this phase.



## Workout tip:

Build in more rest days and enjoy high protein snacks.

# Your Bodys Framework Boomer Workout Guide

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