

# 28 DAYS

## CYCLE SYNCING FITNESS ROUTINE

	Day 1	Day 2	Day 3	Day 4	Day 5
Menstrual Phase	<b>Rest Day</b>	Gentle stretching <i>20 - 30 Min session</i>	Walking <i>30 Min session</i>	Yoga <i>30 Min session</i>	Stretching <i>30 Min session</i>
	Day 6	Day 7	Day 8	Day 9	Day 10
Follicular Phase	Full body strength training <i>30 - 45 Min session</i>	<b>Rest Day</b>	Cycling/Jogging <i>30 Min session</i>	Upper body strength training <i>30 - 45 Min session</i>	Lower body strength training <i>30 - 45 Min session</i>
	Day 11	Day 12	Day 13	Day 14	Day 15
Follicular Phase	Upper body strength training <i>30 - 45 Min session</i>	Lower body strength training <i>30 - 45 Min session</i>	<b>Rest Day</b>	Fullbody HIIT + Abs <i>30 - 45 Min session</i>	Fullbody HIIT + Abs <i>30 - 45 Min session</i>
	Day 16	Day 17	Day 18	Day 19	Day 20
Ovulatory Phase	Running/cycling <i>45 Min session</i>	Hatha Yoga <i>45 Min session</i>	Fullbody HIIT + Abs <i>30 - 45 Min session</i>	<b>Rest Day</b>	Upper body strength training <i>45 - 60 Min session</i>
	Day 21	Day 22	Day 23	Day 24	Day 25
Luteal Phase	Lower body strength training <i>45 - 60 Min session</i>	Pilates/Barre <i>45 - 60 Min session</i>	Upper body strength training <i>30 - 45 Min session</i>	Lower body strength training <i>30 - 45 Min session</i>	<b>Rest Day</b>
	Day 26	Day 27	Day 28		
Late Luteal Phase	Pilates/Barre <i>30 - 45 Min session</i>	Pilates/Barre <i>30 - 45 Min session</i>	Light Walk <i>30 Min session</i>		