

THE
CYCLE SYNCING



CHEATSHEET



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4 CYCLE PHASES

Your menstrual cycle is more than just your period. It is ≈ 28 day cycle that includes 4 different phases in the uterus, ovaries, and brain that are linked to your body's individual hormones.

This process happens every month, but each cycle is a sister not a twin. Meaning, your cycle will not always be exactly the same as the last month. Your menstrual cycle can average between 21-35 days.

What doesn't change from month to month are the 4 phases: menstrual, follicular, ovulatory, and luteal.

Be mindful, the menstrual cycle is a very sophisticated system in your body (this becomes even more complex if you have been diagnosed with PCOS, Endometriosis, etc.). I want to help you break it down into more bite-sized chunks, understand the basics, and build awareness of your body's natural rhythm.

MENSTRUAL CYCLE PHASES

01

MENSTRUAL PHASE

Approx. days 1-7

The lining of the uterus sheds causing bleeding

Hormone levels are low and you may feel tired and fatigued

Rest is key in this phase

02

FOLLICULAR PHASE

Approx. days 7-14

Estrogen rising and is dominant

Stamina may be low, but energy is slowly rising

03

OVULATORY PHASE

Approx. days 14-17

Estrogen peaks, testosterone and progesterone rise

Energy is higher during this phase, you may even

experience a boost of confidence!

04

LUTEAL PHASE

Approx. days 17-28

Progesterone is produced, peaks, and then drops

Without a fertilized egg, hormone levels decrease as your body prepares for a new cycle

Energy levels may fall during this phase

WORKING OUT WITH YOUR CYCLE

Cycle syncing your workouts is easier than you think. It's not just switching up your workout style (which you could totally do), but it's more about the INTENSITY of your workout.

Don't focus on running yourself ragged in the gym week after week!

Even if you feel like you can push it the rest of the month, but know you are progesterone dominant, fight the urge to push a high intensity workout (raises cortisol).

Progesterone counteracts cortisol (stress). We want to honor progesterone dominance by slowing down and scaling back.

Think about it: if your body is experiencing higher levels of stress hormones... adding in more external stress (like an intense workout) is not going to work out in your favor.

Cortisol is involved in weight gain. The more you stress your body the more it will fight back. Eventually your body will just give up, resulting in workout burnout and loss of motivation.

Cycle syncing your workouts can help you reach your fitness goals without losing your motivation (or progress).

Menstrual Phase

This is when your period starts. You're probably not feeling super energetic at this point. It's totally normal to feel more sluggish and OKAY to honor some rest.

HOW TO ADJUST

Keep your workouts light and scale back your intensity depending on how you feel.

Your heaviest bleed days should prioritize rest.

Lighter bleed or when energy feels higher can start to increase intensity again

WHY IT MATTERS

Your body is doing a lot during this phase, so it's a good time to rest more and just listen to what your body needs

Follicular Phase

After your period ends, you'll start feeling a little more energetic. This phase is when your body starts gearing up for ovulation, and you'll likely notice your strength and mood improving.

HOW TO ADJUST

This is when you can start ramping things up.

Hit those strength workouts and challenge yourself with heavier weights

Try adding in incline walking or sprints session

For the next two weeks you'll train at your normal volume/intensity

WHY IT MATTERS

Your body is gearing up to ovulate, and estrogen is rising, so you're probably feeling stronger and more focused. It's a great time to push yourself and take on tougher workouts.

Ovulatory Phase

Okay, this is when you're probably feeling on top of the world. Your energy is high, and your body is really primed for anything.

HOW TO ADJUST

This week is similar to the follicular phase. Continue to train at normal-high volume/intensity.

**Try adding in a short cardio session (20-30min) if you want!
-sprints, dancing, incline walks, ,
stair master, hiking, etc**

WHY IT MATTERS

During ovulation, your body's energy is at its highest, so you'll be able to push yourself harder and recover better!

Luteal Phase

The luteal phase usually ranges from 10-15 days and can feel like a bit of a rollercoaster. I want to break this down into 3 different segments to help you get the most out of your fitness routine without overdoing it.

Early Luteal

directly after ovulation

Mid Luteal

approx. 6-10 days after ovulation

Late Luteal/Pre-Menstrual

5-7 days before your period

Early Luteal

Right after ovulation, your body is still riding high on estrogen, but progesterone is starting to rise. You might feel a bit more tired, but you still have some of that post-ovulation energy.

HOW TO ADJUST

This is a great time to keep up moderate workouts like Pilates, moderate strength training, or a light jogs. You can still push yourself a bit, but focus on steady, controlled movement.

Decrease weight slightly during strength training if needed

WHY IT MATTERS

During this time, your body is transitioning, and it's okay to keep things moderate. You'll have enough energy to keep to your normal workout split, but it's still not the time for extreme exertion.

Mid Luteal

(This is the point to really tune into your body. You might still be feeling the high of ovulation and can keep working out like the early luteal phase. Or, you might be feeling more lethargic and need to adjust to the late luteal/pre-menstrual routine. Again, this is all about listening to your body.)

As progesterone continues to rise, you might start feeling more tired and experience more bloating or discomfort. Your body is in a more relaxed state as it prepares for a potential pregnancy, so your energy might start to dip a bit.

HOW TO ADJUST

This is a good time for lower-intensity workouts-think Pilates, yoga, walking, or stretching.

Avoid anything too intense, as your body might be more prone to fatigue or stress spikes. Focus on relaxation and mindful movement.

Strength train with lower weight + high rep ranges or switch to bodyweight only

WHY IT MATTERS

With the shift in hormones, you're more likely to feel slower or less motivated. This phase is about staying active, but not pushing too hard. Listen to your body and focus on recovery. Hard workouts will be more challenging to recover from. Your

Late Luteal/Pre-Menstrual

As you approach your period, progesterone is at its peak, and you may feel a lot more tired or irritable.

This is the phase where you might experience more PMS symptoms, like bloating, cravings, and mood swings.

HOW TO ADJUST

Now is the time to really scale back if needed.

Low-intensity movement like walking, stretching, or mat pilates is ideal. Focus on nurturing your body with gentle movement, and try to avoid strenuous exercise to prevent burnout.

Strength train with lower weight + high rep ranges or switch to bodyweight only

WHY IT MATTERS

During the late luteal phase, your body is getting ready for menstruation. Your energy is low, and you're more vulnerable to stress and fatigue.

It's crucial to give yourself permission to rest and keep your workouts gentle if needed. This phase is all about recovery and taking care of yourself before your period starts.

With the shift in hormones during the luteal phase, it's normal to feel more sluggish or tired. That's why it's important to adjust your workouts to what your body is telling you. By staying active without overdoing it, you'll be setting yourself up for better recovery and a smoother transition into your next cycle.