



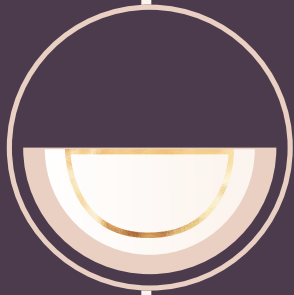
A POCKET GUIDE

Movement to Support Your Cycle



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WHEN TO EXERCISE



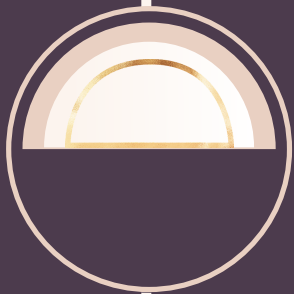
Menstrual Phase

With hormone + energy levels at their lowest in the cycle, gentle evening movement is the most supportive.



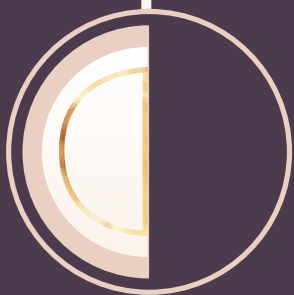
Follicular Phase

Estrogen dips around midday while cortisol is elevated—perfect timing for a lunch break workout.



Ovulatory Phase

This is your power morning phase. High levels of testosterone make early workouts an energizing start to your day.



Luteal Phase

Stick to early workouts in the first 3-5 days of this phase and transition to evening movement practices as your period approaches.

FOR YOUR CYCLE

THE ROADMAP

A Four-Phase Approach to Exercise



Menstrual Phase

Create space and fluidity with gentle restorative practices that allow muscles to recover and mind to rest while incorporating core strength and balance.



Follicular Phase

Get moving at quicker pace using light resistance or bodyweight to improve heart and lung efficiency and build stamina.



Ovulatory Phase

Comprising both exertion and speed—HIIT and power yoga workouts challenge you with compound movements and short explosive bursts.



Luteal Phase

Tone down explosive patterns in favor of slow, controlled effort under resistance. Target muscle groups and lift heavy in low to medium rep ranges to help build lean muscle.



by phase

- **Movement**
- **modalities to align**
- **with each phase.**

How to exercise on your period.

- 1.** RESTORATIVE POSTURES + PASSIVE STRETCHING
- 2.** GENTLE YOGA + FLOW-FRIENDLY INVERSIONS
- 3.** BELLY-DOWN BACKBENDS + FORWARD BENDS
- 4.** HIP OPENERS + MOBILITY
- 5.** WALKING

How to exercise in your follicular phase.

1. STEADY-STATE CARDIO
2. NEW MOVEMENT PATTERNS + SPORTS
3. BODYWEIGHT INTERVALS
4. VINYASA YOGA
5. BARRE + DANCE
6. OUTDOOR SPORTS

How to exercise in your ovulatory phase.

- 1.** HIGH INTENSITY INTERVAL TRAINING (HIIT)
- 2.** INDOOR + OUTDOOR CYCLING
- 3.** RUNNING DRILLS + SPRINTS
- 4.** GROUP FITNESS + BOOTCAMP
- 5.** POWER YOGA
- 6.** HIKING

How to exercise in your luteal phase.

EARLY LUTEAL [3-5 DAYS]

SLOW + HEAVY RESISTANCE TRAINING

TARGETED MUSCLE GROUPS

FOCUSED AWARENESS + ACTIVATION

LATE LUTEAL [2-4 DAYS]

YOGA, WALKING, ACTIVE REST

What is the best workout
for your cycle + long-term
health?

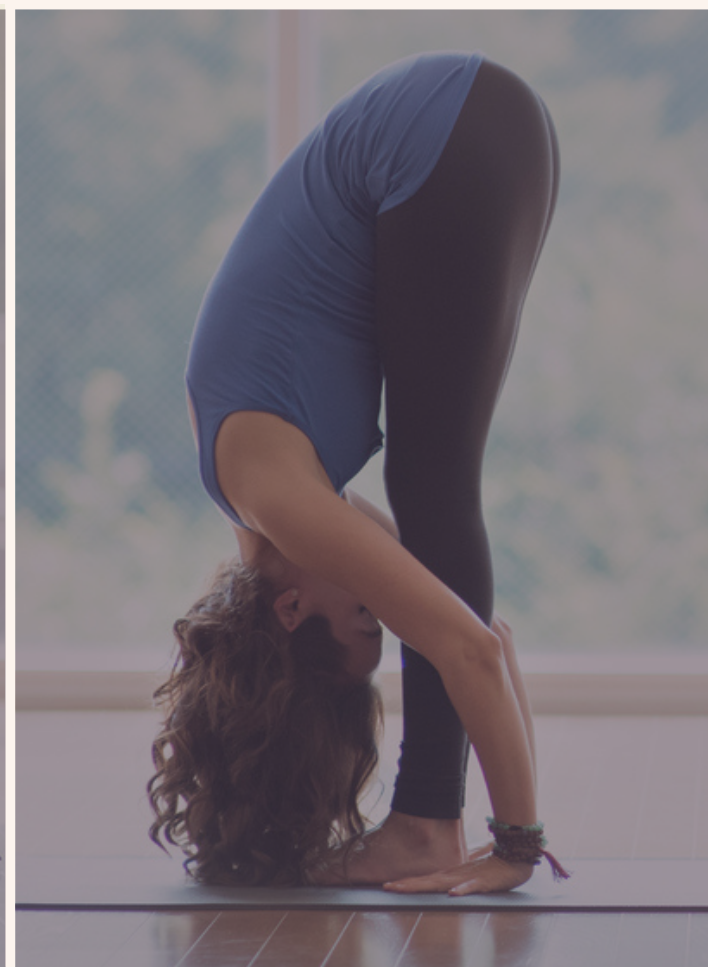
The one you like doing.



by style

- Adapt the workouts
- you love to support
- each phase.

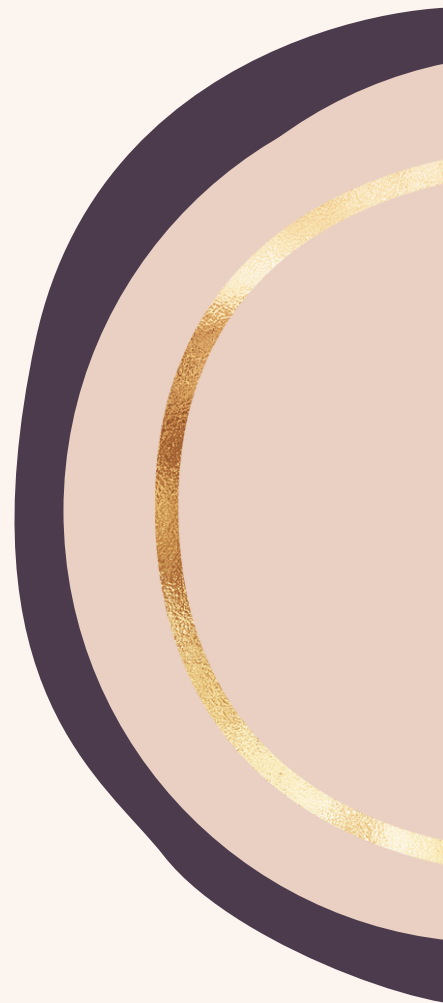
Yoga + Pranayama For Your Cycle



SUPPORT YOUR CYCLICAL
NATURE + STAY IN FLOW

Follicular Phase

- Lower basal body temperature + quicker recovery times—the first half of the cycle is a good time for **HEATED YOGA**.
- Enjoy fluid + dynamic practices like **VINYASA YOGA** or incorporate cyclical movements between postures to elevate the heart rate.
- Welcome **BACKBENDS + ARM BALANCES** to energize + tap into feeling strong.
- Practice **KAPALABHATI** (breath of fire), **SIMHASANA** (lion's breath), or **BHASTRIKA** (bellows) to stimulate + generate heat.



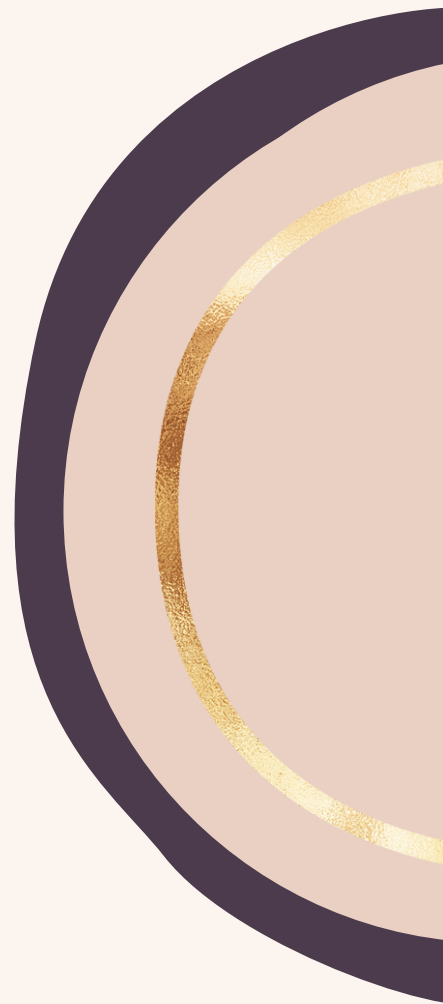
Ovulatory Phase

- Explore the use of **PROPS** or light **WEIGHTS** to uplevel your practice.
- **RECRUIT** the musculature supporting joints—which become most flexible during ovulation—to prevent injury.
- Take on new challenges in a **POWER YOGA** class—tap into play with **INVERSIONS + ARM BALANCES**.
- Connect with your community in **GROUP CLASSES**.
- Practice **UJJAYI** (victorious) breath to slowly generate heat without excess activation of the nervous system.



Luteal Phase

- Shift to **HATHA YOGA** + spend time cultivating strength in **LONGER HOLDS**.
- Enjoy **DEEP TWISTS + FORWARD BENDS** to help metabolize excess estrogen from the first half of the cycle.
- Basal body temp is elevated. **SKIP THE HEAT**.
- Activate vagus nerve + parasympathetic response with **DIAPHRAGMATIC BREATHING** + calming practices like **NADI SODHANA** (alternate nostril), **BRAHMARI** (bee's breath).
- As your period approaches, treat yourself to **NON-LOAD BEARING + RESTORATIVE** postures.
- Relax in **SUPPORTED INVERSIONS**.



Menstrual Phase

- As a continuation of the late luteal phase, spend time in **SUPPORTED INVERSIONS + RESTORATIVE** postures with the onset of your period.
- **LISTEN** to your body. Say **YES TO REST DAYS** especially during your heaviest flow.
- Make use of **PROPS** to facilitate longer holds in **HIP OPENING, BELLY DOWN + FORWARD BENDING** postures to stimulate healthy flow.
- When you feel energy returning, gradually begin to introduce **FLUID PRACTICES + GENTLE FLOW**.
- Practice **UJJAYI** (victorious) or **DIRGA** (three-part) breath to reduce any anxiety that may arise from a drop in hormones.



Resistance Training For Your Cycle

A FOUR-PHASE APPROACH TO WEIGHT TRAINING
THAT WILL KEEP YOU LIFTING AND ENERGIZED
THROUGHOUT YOUR CYCLE.

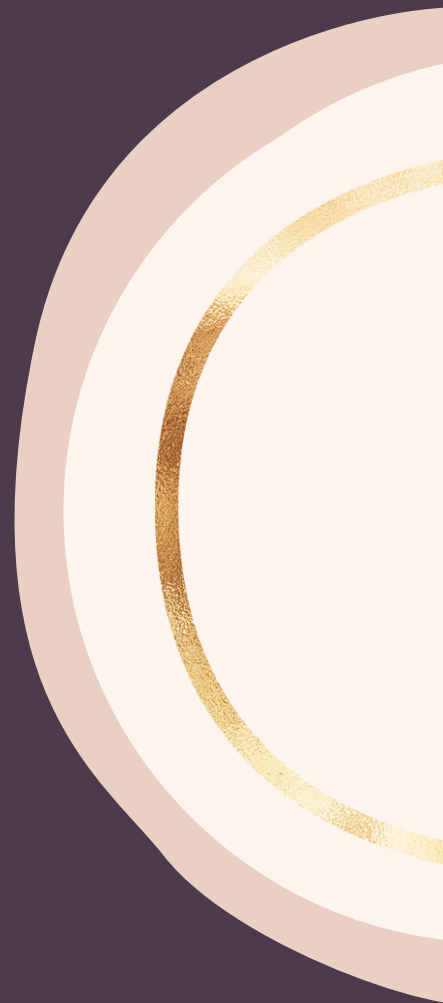


BUILD

↑ STAMINA ↑ ENDURANCE

Follicular Phase

- Take advantage of increasing estrogen by challenging yourself with **HIGHER REPS** or **HEAVIER WEIGHT** to build lean muscle effectively.
- **REST** at least 24 hours between workouts. Immune response is high making **RECOVERY** critical to minimize inflammation and injury.
- Don't skip the carbs! Fuel your workouts with **HIGH-QUALITY CARBOHYDRATES** to prevent depletion and elevated cortisol after challenging sessions.

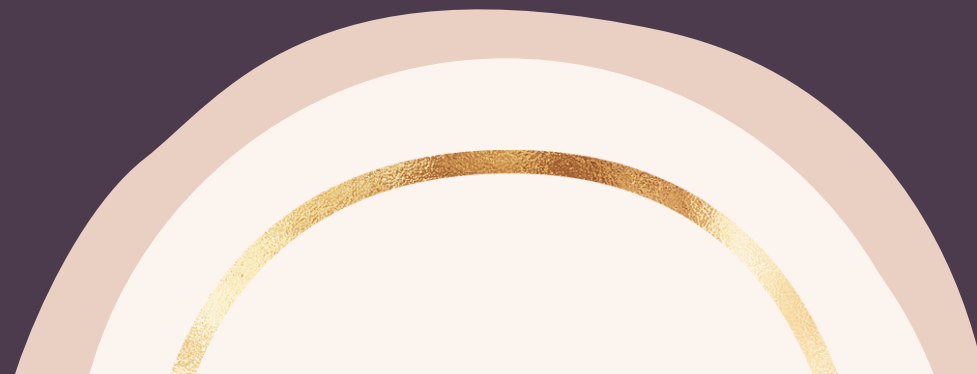


POWER

↑ STAMINA ↑ ENDURANCE

Ovulatory Phase

- Highest levels of estrogen produce greater anabolic (gain) response—optimal time for **MUSCLE GROWTH**.
- Similar to follicular phase, lift **HEAVY** or **HIGH REPS**.
- Practice **COMPOUND MOVEMENTS** to recruit multiple muscle groups at once + increase intensity.
- Incorporate explosive movements (KB swing, snatch, thruster, etc.) to improve **POWER**.

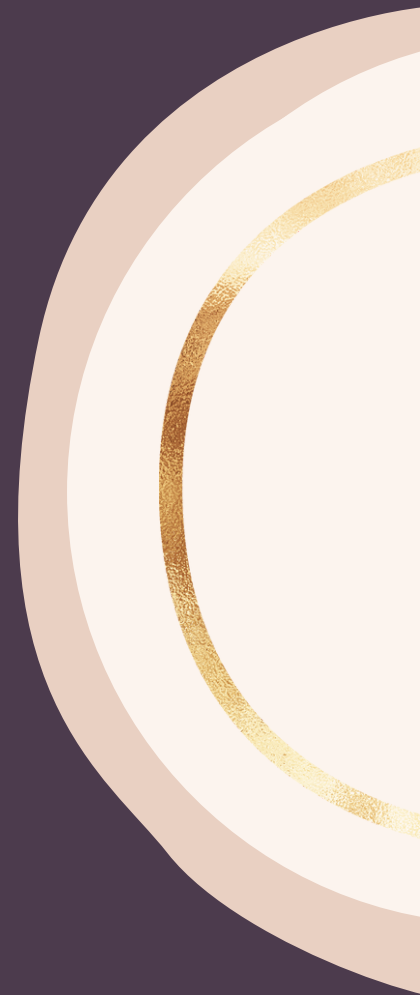


SLOW + STEADY

↓ ENERGY ↑ INFLAMMATION

Luteal Phase

- Elevated progesterone can result in inflammation + make you more prone to injury. Increase **REST** between sets.
- **SLOWER + FEWER** reps with conscious **BREATH** to activate parasympathetic (calming) response.
- Focus on **FORM** and **TECHNIQUE** with moderate to heavy weight in **SHORTER SESSIONS**.
- Baseline metabolism elevated. **FUEL** and **REPLENISH** with higher protein intake.
- Higher sensitivity to heat and dehydration. Favor a **SLOW BURN** over pooling sweat.



Menstrual Phase

- **LIGHTER** resistance using bands or bodyweight to minimize abdominal pressure which can worsen cramps.
- Incorporate **FLUID + HIP OPENING MOVEMENT PATTERNS** (spinal rotation, hip flexion/extension, ab/adduction, lateral squats, etc.) to improve circulation and flow.
- Don't skip the **WARM-UP + COOL-DOWN**. Allow plenty of time for mobility sessions to prevent injury + minimize fatigue.
- **LISTEN** to your body. Say **YES TO REST DAYS** especially during your heaviest flow.

04 / 04

MOBILITY + FLOW

↓ ENERGY ↑ INFLAMMATION

A grayscale photograph of a person's hands tying their white running shoes. The person is wearing dark leggings and a light-colored long-sleeved shirt. The background is a light, textured surface, possibly a path or ground.

Running + Cycling For Your Menstrual Cycle

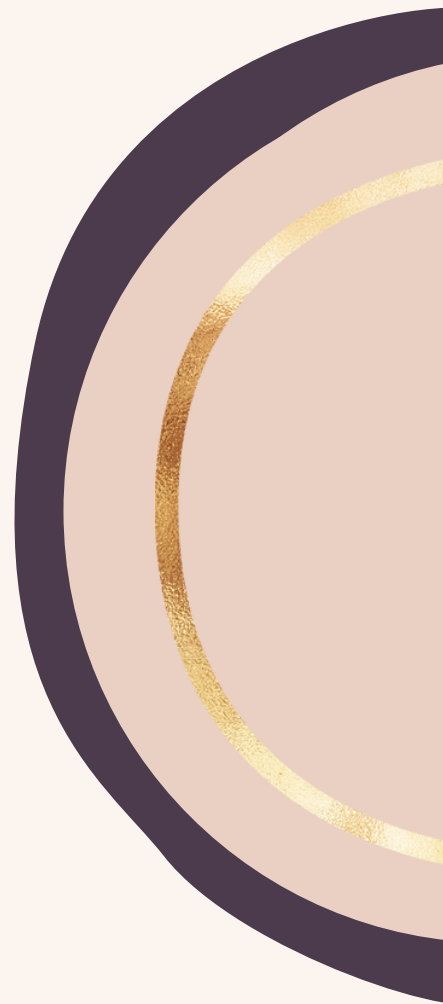
TRAINING TAILORED TO
YOUR CYCLE TO IMPROVE
PERFORMANCE +
PRESERVE ENERGY
LEVELS.

SPEED + ENDURANCE

↑ STAMINA ↑ RECOVERY

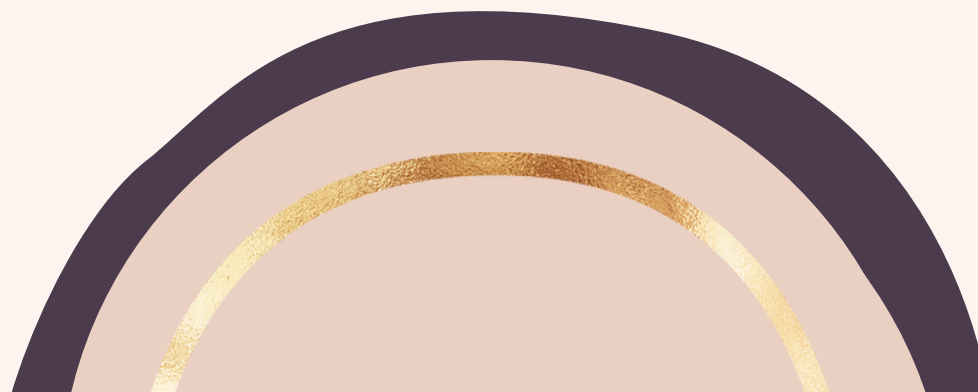
Follicular Phase

- With elevated estrogen and testosterone, the first half of the cycle is a good time to **PICK UP THE PACE** and **INCREASE MILEAGE**.
- Learn new skills, practice **SPEED + AGILITY DRILLS**.
- Glycogen (fuel) stores are more readily available—you can tolerate **INTENSITY** and **RECOVER MORE QUICKLY**.
- You may have heightened insulin sensitivity—focus on **LOW GLYCEMIC CARBOHYDRATES** to fuel/replenish before/after training.



Ovulatory Phase

- Highest energy and hormone levels. Now is the time for **INTERVALS, TEMPO RUNS/RIDES, and SPRINTS.**
- Higher joint laxity as a result of elevated estrogen—**FOCUS ON MECHANICS** to stabilize joints and minimize injury. Also, **CHECK YOUR SHOES!**
- As a continuation of the follicular phase, glycogen is readily available making it possible to enjoy **HIGHER INTENSITY + LOG MILEAGE.**

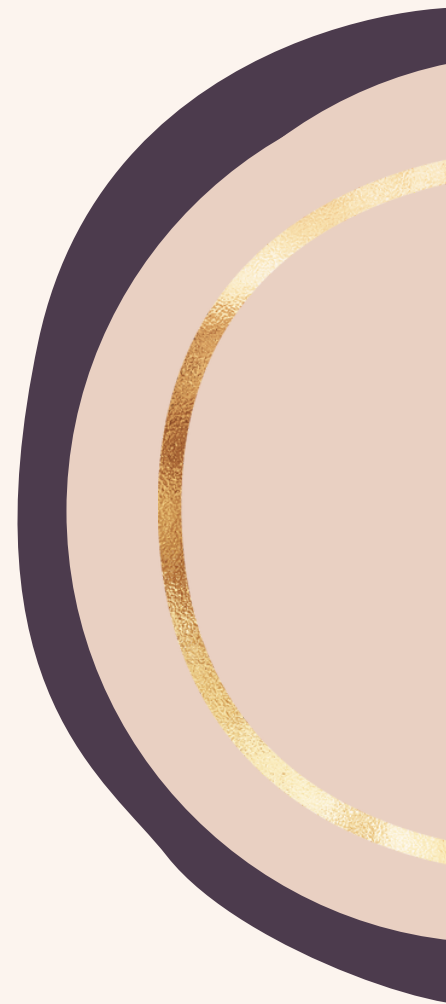


SLOW + STEADY

↓ RECOVERY ↑ INFLAMMATION

Luteal Phase

- In the early luteal phase, focus on steady state aerobic **ENDURANCE + STRENGTH**. Slow the pace or enjoy an uphill walk/ride.
- Elevated progesterone can throw electrolytes out of balance—consider a **HYDRATION UPGRADE** with mineral supplements.
- Plasma volume drops (blood is thicker) which slows blood flow to muscles. Allow for **LONGER RECOVERY TIMES** between workouts.
- Takes longer to sweat + core temp is elevated. **SKIP THE HEAT** by scheduling your workouts during cooler times.

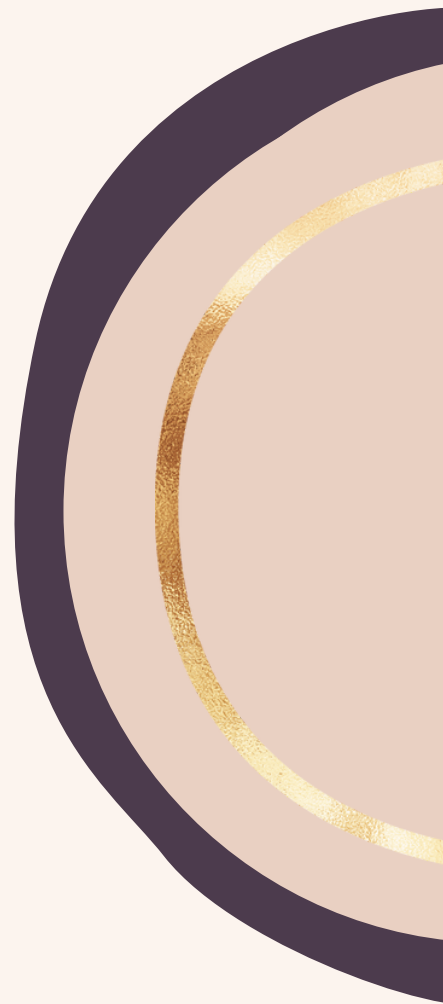


SLOW + STEADY

↓ RECOVERY ↑ INFLAMMATION

Luteal Phase cont'd.

- Body shifts to glycogen sparing mode. Use food as fuel to stabilize blood sugar. Bottom line? **EAT MORE** and **DON'T SKIP CARBS**. **elevated luteal metabolism utilizes between 100-300 additional calories daily.
- Build cutback training into the days leading up to your period. **LOW INTENSITY FLAT** runs/rides.
- Respiration becomes less efficient. Let your pace/intensity stay in a zone where you can **BREATHE DEEPLY**.



Menstrual Phase

- As a continuation of the late luteal phase, **DIAL BACK TRAINING** as appropriate with the onset of your period.
- **LISTEN** to your body. Say **YES TO REST DAYS** especially during your heaviest flow.
- Make time for **MOBILITY** and **JOINT HEALTH** with gentle stretching + walks.
- **REPLENISH** your body with iron- and magnesium-rich foods like spinach, dark chocolate, avocado, and pumpkin seeds.
- When you feel energy returning, feel free to get after it. **DO WHAT FEELS GOOD** as you start a fresh cycle.

RECOVERY

05 / 05

↓ ENERGY ↑ INFLAMMATION



body literacy

- It's about more
- than just your
- period timing.



4 WAYS TO IMPROVE *body literacy*

- Practices to learn the
● evolving language of
● your body.

DAILY PRACTICE

1

Body Scan

Upon waking + before sleep, take 2-5 minutes to scan your body from head to toe. Observe—without judgement—any areas where you feel physical or emotional sensation.

2

Abhyanga

The practice of self massage with healing oils will saturate your senses + awaken an embodied state. Couple with mantra for soothing self-care.

3

Connect the Dots

Journal throughout the day—note how you feel before/after meals, during daily activities, etc. Mark the day of your cycle + begin to connect the dots between your inner/outer worlds.

4

Breath + Gaze

Take a breath + gaze break once per hour. Enjoy three belly breaths + set your gaze on the horizon or as far as your eyes can see. Connect to where your body is in space.

**Celebrate Your Cycle
and Move by the Moon.**

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