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TREND TALK

Cycle Syncing

Work with your body, not against it.

Women's hormonal fluctuations across the menstrual cycle affect energy levels, motivation, recovery time, and performance. Instead of sticking to a rigid fitness plan, syncing your workouts with your cycle can help you feel stronger, prevent burnout, and improve consistency.

Menstrual Phase
Typically Days 1–5

Low energy, focus on rest and gentle movement.

Your body is shedding the uterine lining and hormone levels (estrogen and progesterone) are at their lowest. It's common to feel fatigued and experience cramps or bloating.

Best Workouts
Restorative yoga, stretching, and light walking.

Tips
Hydrate well, prioritize sleep, and give yourself grace.

Follicular Phase
Typically Days 6-14

Rising energy, perfect time for building strength.

Estrogen begins to rise, boosting energy and mood. Your body is more insulin sensitive, which means better workout recovery and performance.

Best Workouts
Strength training, HIIT, cardio, and new fitness challenges.

Tips
Try a new class or increase intensity–your body is primed for growth.

Ovulation
Around Day 14

Peak performance, confidence boost.

Estrogen peaks, and you may feel powerful, social, and capable. Use this window for personal records or team-based activities.

Best Workouts
Sprinting, boot camps, dance, and group fitness.

Tips
Stay hydrated and be mindful of increased joint laxity–warm up thoroughly.

Luteal Phase
Typically Days 15-28

Winding down, shift to recovery and stability.

Progesterone rises and energy may dip, especially in the late luteal phase. You may feel more inward-focused, sensitive, or bloated.

Best Workouts
Pilates, strength maintenance, and steady-state cardio.

Tips
Focus on consistency, not intensity. Nutrition and self-care matter more here.